

USAF SERVICES

NEWS & VIEWS

From the front line...to the home front

The Air Force Services Agency's Online Magazine

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NEWS & VIEWS LEAD STORY



Feeding warriors

Trainees in the warrior week portion of basic military training stand outside after eating a hot meal prepared by Airmen attending the Services apprentice course at Lackland Air Force Base, Texas. The 31-day course consists of teaching all facets of the Services technical trade. See story, page 8.

Photo by Tech. Sgt. Larry Simmons



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Combat Support & Community Service

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The background of the header features a large, stylized eagle in flight on the left, its wings spread wide. On the right, the official seal of the Department of the Air Force, United States of America, is prominently displayed. The seal is circular with a gold border, containing a blue field with a white eagle and the words "DEPARTMENT OF THE AIR FORCE" and "UNITED STATES OF AMERICA".

NEWS FROM THE AIR STAFF

Services realigns with Manpower and Personnel

By Art Myers
Director of Services

The Chief of Staff of the Air Force and the Secretary of the Air Force have just approved the functional realignment of Services under A1 (Manpower & Personnel).

This opens up some very exciting opportunities. There's a lot of synergy between the two organizations, and we already work closely together in a number of key areas.

Aligning Services in A1 gives us the opportunity to capitalize on those strengths in a new organization whose focus is on people and quality of life.

At the Air Staff, Services moved quickly (and intact) under the A1 umbrella on 1 April; about all you should notice initially is a change in office symbols. The major commands and warfighting headquarters will follow no later than 1 June.

The Services Agency will remain separate from the Personnel Cen-

ter, and there will be no immediate change in base-level Services squadrons or divisions.

Some change is inevitable as we move into the future. However, much of that change would have occurred anyway as we work through the recommendations of the strategic planning panel that we convened several weeks ago.

We will be looking at our AFSCs and the structure of base-level Services and Mission Support organizations to see what makes the most sense for the Air Force as a whole. However, those are long-term considerations as opposed to immediate tasks.

In the meantime, we have asked that the Services portion of the organization, along with its related manpower, remain intact as we work through the way ahead.

I can assure you that any changes that come from our level will result from a careful assessment of what's best for the Air Force in light of the environment in which we expect to operate.

In each case, we will logically determine how to make a smooth transition or transformation that will be as seamless as possible for the people we serve and support.

Finally, we will maintain our Services identity through this realignment—we have too many critical skills and capabilities that are of value to the AF, both at home and abroad.

This realignment has my full support. It is a smart move for the Air Force and for us, and will strengthen our ability to execute our continuing mission.

It will also provide better career paths and even more opportunities for leadership growth and challenges, not only for us but for our fellow warriors in the manpower and personnel communities.

I look forward to hearing from you as we start this new chapter in Services, and will keep you advised as things develop up here.

Take care and stay safe.

Guest commentary**Honor Guard: Standing out among the rest**

By Capt. Robert Altemus
Barksdale Air Force Base, La.

It's a motto we've seen all around, but it is so much more than just a motto.

You get the call, solemnly nod a confirmation, and relay to the troops, "We have another one." Everyone immediately springs to action with purpose and precision.

Yet, it is never just "another one." Everything must be perfect. There's no room or time for mistakes. Before you know it, you are on scene, scouting out the hazards, navigating your approach, and getting everyone postured for action.

In the distant horizon you see a black dot. Then, as it gets closer and larger, you can hear the sound of the engines. Your palms are sweaty even in winter. This is what you have trained and prepared for.

With weapons in hand, the team leader has an aura of confidence that everything is going to go perfect as planned. As he thinks of previous war stories, he whispers to himself, "Not on my watch."

Soon they are upon you. It seems like there are thousands with mesmerized gazes all watching you; even when it may just be a handful. And then the team leader gives the command, ... "Honor

Guard, Present ... Arms." Yes, it is time to present full military funeral honors with the same pride and dignity you hope will be rendered should this ceremony be performed for you some day.

The Air Force Honor Guard Firing Party creed paints an accurate picture of what enthalls the entire team.

"We, a party of seven, gathered as one, to render honors unto those who have

passed on. Standing in the distance, ready to fire, in memory of one who has served with honor. Three shots are fired, clearing a way, for the soul to follow on this final day. Planting another flower in the garden of stone, seven shots in unison, a farewell to our own. A final salute to our uniformed member, this lifetime of service we'll always remember. Firing party, a job with pride, always to be seen, firing party, we are a team."

The idea of a USAF Honor Guard was founded in May 1948 as Headquarters Command, USAF developed plans for an elite ceremonial unit comparable to those of the other Armed Services. As a result, a ceremonial unit was activated within the Air Police Squadron in September 1948 with an authorized strength of 98 Airmen and two officers.

By Jan. 1, 1972, the USAF Honor Guard came into its own as a separate unit and was authorized 147 airmen and three officers.

Impressively, here we are 57 years later, and our USAF Airmen are still on a quest to 'honor with dignity.'

What makes it a quest? What is it that creates a drive to honor with dignity?

I have had the honor to serve as an Airman on the Honor Guard for 18 months. I have been further privileged to be an Honor Guard OIC for more than three years at two different wings. To honor with dignity is something that cannot be taught; it must be something the individual seeks out. It is something that lies deep within. Not every Airman finds it.

Continued on page 5

DOD plans to boost access to military child care

First modular child development center to open at Eglin

By Gerry Gilmore
American Forces Press Service

The availability of child care services for military families will receive a boost from a multifaceted approach by the Defense Department, a senior official said recently. "We project the (child care) needs as greater than what we're offering at this point," said Jan Witte, director of DOD's office of children and youth.

The ongoing realignment of U.S. forces from long-standing overseas bases to stateside installations and high operational tempos are placing demands on the military child care system, Ms. Witte said. Consequently, DOD wants to "jump-start" its military child care programs to provide more spaces for the children of active duty and Reserve-component service members.

"Currently, we're using a multi-pronged approach" to increase military child care capacity, Ms. Witte said, noting DOD will continue to build on-post facilities.

"And we're also doing some contracting with civilian centers off the installations" to address lengthy waiting lists at some military bases, she said.

DOD has also provided funds to get modular buildings that will help meet immediate child care needs. Ms. Witte estimated that more than 4,000 new child care spaces will be created through new construction and the use of modular buildings.

"They're just starting with those, and we're really hopeful that this

will really be a way to get some spaces quickly," she said.

DOD now spends about \$434 million on military child care each year, Ms. Witte said. More than \$60 million in supplemental funding has been used in the past three years to extend the hours of child care services, including weekend and

evening care, and to run summer camps for military children with one or both parents deployed overseas.

Using emergency supplemental funds from Congress, Defense Department officials have given the services \$92 million to help buy modular or prefabricated facilities, and to renovate and expand current facilities.

Modular, prefabricated child development facilities are on track to start opening in late March or early April. Most of the new or added facilities will be ready within the next year.

The Air Force will add 1,598 spaces for children whose parents would otherwise have to seek off-base day care.

The first Air Force modular child development center under the initiative, at Eglin Air Force Base, Fla., will open in June. With spaces for 300 children, it will clear the current waiting list, said Arthur Myers, director of Air Force Services.

In addition to modular centers, the Air Force will add some spaces by building permanent additions to existing structures, Mr. Myers said.

After those spaces are added, however, the Air Force still will have about 4,500 fewer spaces than it needs, he said.

But this new effort will help.

"Eglin's installation commander told me this is the biggest morale booster for the families he has seen," Mr. Myers said. "This is going

Who gets additional child care units?

The following Air Force bases are receiving 1,598 extra childcare spaces within the next year:

Little Rock AFB, Ark.
Edwards AFB, Calif.
Travis AFB, Calif.
Air Force Academy, Colo.
Eglin AFB, Fla.
Hurlburt AFB, Fla.
Moody AFB, Ga.
Hickam AFB, Hawaii
Mountain Home AFB, Idaho
Hanscom AFB, Mass.
Keesler AFB, Miss.
Nellis AFB, Nev.
Holloman AFB, N.M.
Seymour Johnson AFB, N.C.
Tinker AFB, Okla.
Bolling AFB, Washington, D.C.
RAF Lakenheath, England
Buchel, Germany
Kapaun, Germany
Vogelweh, Germany
Yokota Air Base, Japan
Osan AB, Korea
Kadena AFB, Japan

Continued on next page

Barksdale captain issues Honor Guard challenge

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It is when an Airman is driven to put all emotional, physical, mental and spiritual strength into something that is much bigger than any single individual. Yet we all know the team is only as strong as the weakest member.

So where do we find this strength? It is different for each individual, but I will give you some areas where you can start to look. The emotional strength is found in the same place where the young boy finds the courage to pass that first note to the cutest girl in the class that reads, "I like you. Do you like me? Circle Yes or No."

The physical strength is found in the last 200 yards of the 1.5 mile run.

The mental strength is found when studying for the biggest exam of your life. The spiritual strength is found in the evening, peering into the flames of a campfire and pondering the purpose and final destiny of your life.

With all these things, the true growth is not in the accomplishment, but rather in the quest.

Unfortunately, many never find it because they never charter these deep waters of the soul.

As John Eldridge describes in his book "Wild at Heart," "Truth be told, most of us are faking our way through life. We pick only those battles we are sure to win, only those adventures we are sure to handle, only those beauties we are sure to rescue."

In 2006, I challenge you to find the inner strength to honor with dignity. I encourage you to look deep within and find the strengths identified above.

Although you may never have the honor of kneeling beside a grieving son or daughter to present the American Flag "in honor and memory of your father or mother's faithful and dedicated service to this country, and the freedom that it represents," we are all called to honor with dignity.

DOD to boost military child care in modules

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to have a dramatic impact on Air Force families."

Turnaround time for obtaining and opening these modular centers is less than nine months, he said. Standing up a center under the traditional military construction process, from planning to funding to construction to opening, can take five years.

The modular construction allows an entire center to be built off-site quickly and inexpensively, according to the military's specifications, and then trucked to its new on base home.

"When you're actually in a facility, you don't realize you're in a prefab-

ricated structure because of the way they've been patterned and designed to fit together," said Ms. Witte.

Installations are responsible for digging foundations and preparing sites for the units. Defense Department money pays for the units, while the services pay for furnishings.

If a permanent facility is later built at a base, or if the need for child care decreases, the modular facilities can be uprooted and moved to another location.

Efforts are ongoing to address an estimated shortage of about 27,000 military child care spaces remaining

after the 4,000 new spaces are factored in. The focus, Ms. Witte said, is to increase child care services at installations experiencing high deployment rates or affected by long child-care waiting lists, and at bases gaining troops through overseas redeployments.

"Child care across the nation is at a premium," Ms. Witte said. "Finding those spaces at the right places is a challenge" for both military and civilian families.

Editor's note: additional information from other sources was used to augment this article.

NAF-T Report:

AFSFMS enters parallel testing

By Air Force Services Agency SVT staff
San Antonio, Texas

On March 1, the new Air Force Services Financial Management System, or AFSFMS, entered its parallel testing phase. Parallel testing allows the Air Force Services Agency to complete the necessary actions to ensure the new accounting and payroll system meets functional requirements. Processing live Nonappropriated Funds accounting and payroll data in parallel operations, using both the old Field Accounting System and the new AFSFMS, mitigates some of the risks associated a new system.

Risk mitigation:

AFSFMS parallel testing has been planned since AFSVA identified potential risks to the successful implementation of a modern accounting and financial system in 2002. AFSVA is and has been accomplishing risk mitigation across all facets of Nonappropriated Funds Transformation Phase 1 implementation. Risk mitigation actions completed to date include: re-engineering and benchmarking business processes against industry, developing "To-Be" processes, planning a sequenced implementation, and testing new processes and systems in a laboratory environment prior to parallel testing.

Goals of parallel testing:

Testing and validating AFSFMS processes in a 60-day parallel operations timeframe with tests

sites before deployment ensures complete end-to-end testing is accomplished.

It exercises software and coding modifications to test built-in and added business rules. It allows interfaces to other systems to be actively running. Parallel testing allows the Shared Service Center, with data from the test sites, to better prepare for "go live" on May 1.

It also permits leadership to make a more informed final deployment decision as parallel testing results become available

Test bases:

Three Air Combat Command bases, HQ ACC/A7N and the AFSVA SSC are currently participating in the AFSFMS parallel testing phase.

The three test bases, Davis-Monthan Air Force Base Ariz., Minot AFB N.D. and Whiteman AFB Mo., represent small, medium and large Air Force Services operations. These three test bases and HQ ACC/A7N at Langley AFB have dedicated additional resources to this project over the past 12 months helping ensure a successful AFSFMS deployment.

Parallel testing events:

AFSFMS parallel testing consists of three major time periods.

In AFSFMS pre-deployment period, from Jan. 2 to Feb. 28, the three ACC test bases and HQ ACC made excellent use of the pre-deployment checklists.

A NAF-T deployment team provided HQ ACC deployment training from Feb. 14 to 17.

During the week of Feb. 27 to 3 Mar 3, NAF-T deployment teams, with information technology and functional area SSC staff members, visited the three test bases to prepare them for entering parallel testing. The bases were well prepared.

The AFSFMS parallel testing period, for the test bases, began March 1 and ran through March 31. During this period personnel thoroughly tested NAF accounting and payroll processes.

The month of April is set aside as the AFSFMS parallel validation period. It is allocated for reconciling FAS financial data to AFSFMS data in order to validate AFSFMS operations and functionality. It sets aside April 15 as the reconciliation date for all the test bases and HQ ACC.

During this period, the SSC staff will be working closely with the test sites to ensure successful reconciliation. Additionally, "go live" deployment training for the test bases is scheduled for April 17 to May 5.

The AFSFMS "go live" date is currently set as May 1 for the three ACC test bases and HQ ACC. After this date all NAF accounting and payroll processing for parallel test will be via AFSFMS.

Summary:

The AFSFMS parallel testing phase is critical to ensure AFSFMS provides the requisite support to end-users and to provide testing data to help AFSVA leadership determine system readiness for deployment to the field.

Feeding warriors at BMT



Above left, trainees in the warrior week portion of basic military training march to a table to eat lunch. The meal was prepared by Airmen attending the Services apprentice course at Lackland Air Force Base, Texas. Photos by Tech. Sgt. Larry Simmons



Above, a trainee in the warrior week portion of basic military training eats lunch prepared by Airmen attending the Services apprentice course. The 31-day course consists of teaching all facets of the Services technical trade.

Below, Airmen prepare dinner at the culinary arts training school during the Services apprentice course.



Talk about a midnight snack!



Senior Airman Shaquana Roberts, 52nd Services Squadron shift leader, serves some fresh potato wedges up for customers on a recent Tuesday night. Airman Roberts has been on station for about eight months and is trying to adjust to the Eifel chill since she arrived from Shaw Air Force Base, N.C.

Jet Blast Dining Facility serves up hot, fresh meals geared toward hungry flightline workers

**By Senior Airman
Amaani Lyle
Spangdahlem Air Base,
Germany, Public Affairs**

A sign next to Spangdahlem Air Base, Germany's 52nd Services Squadron's Jet Blast Dining Facility doorway reads: "Maximum seating capacity: 53"

When asked how many people 52nd SVS swing shift leader Senior Airman Shaquana Roberts has seen dining in the moder-

ately sized vittles depot, she confidently replied, "53."

Perhaps it is the convenience of being able to eat breakfast or dinner at a place nestled just off the flightline that packs the place around midnight. Or maybe the food is just tasty. Either way, Airman Roberts said she has memorized dozens of recipes to help fight shift workers' hunger pangs, whether she has a full house or

merely a few guests.

Airman Roberts has one to two people to help her prepare and serve the average of 30 meals per shift, but it seems she rules the roost as team's leader. The three-striper said she doesn't mind the additional responsibility of being in charge, since, for her, it is a little less stressful than her first Air Force job.

"I was an air traffic controller

before this and I definitely like being in the dining facility better," Airman Roberts said.

Airman Roberts explained that there are about 10 jobs in the Air Force that are classified as direct duty where people can cross train into them using on-the-job training in place of formal technical school.

Services is one such direct-duty career field, and Airman Roberts said she looks forward to

OJT in the many other aspects of the Services squadron. For now, Airman Roberts said the only inconvenience in her job occurs when the Jet Blast runs out of "tiger sauce," a sweet and sour spicy sauce that her customers will raise a fuss about if it is unavailable.

"I make sure to keep plenty on hand when I'm here," Airman Roberts said with a laugh.

Services **ROCKS** with Airmen All Nighter

**By Airman 1st Class
Tessa Cubbon
F.E. Warren Air Force
Base, Wyo., Public
Affairs**

The sounds of a raging party could be barely heard over the bump and grind of today's most popular music. Pizza boxes lined the counters, and coolers of soda and water were scattered about the entryway. More people poured in the double doors of the F.E. Warren Air Force Base, Wyo., Community Center, talking and laughing as they approached tables of food and greeted their friends. Straight ahead, a couple of Airmen chased each other up and down the basketball court while more were downstairs in the game room.

Airmen from all over Warren were invited to the base community center's recent Airmen's All Nighter.

"We want the Airmen to come out and utilize this facility," said Tech. Sgt. Mark Carnes,

90th Services Squadron.

Services funded the event in hopes more of service members would come enjoy themselves.

The festivities, which included Karaoke, basketball, pool and ping pong tournaments, an Xbox 360, Madden 2000 tournament and laser tag, were a hit with Warren's younger troops.

The first sergeants' group donated money to buy pizza for all attendees of the all-nighter.

"I heard it was going to be a lot of fun. A lot of my friends were coming so I decided to

come too," said Airman 1st Class Nathan Brown, 790th Missile Security Forces Squadron. "This is good for the base - good for the Airmen. It gives them something to do."

"I came down because my friends said to come down and check it out," said Airman 1st Class Nicholas Miller, 90th Missile Security Forces Squadron.

Airman Miller said he was very excited about the laser tag. He and his friends were the first at the all nighter to use the laser tag room.

Continued on next page



Airman 1st Class Nathan Turner, 90th Missile Maintenance Squadron, plays pool during the Airmen's All Nighter at the Warren Community Center. Other activities included laser tag, Xbox, basketball, Karaoke and a ping pong tournament. Photos by Airman 1st Class Tessa Cubbon



Airman 1st Class Andrew West, 90th Comptroller Squadron, returns a serve during a game of ping pong recently at the community center.

Warren Airmen pull All-Nighter

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A group of Warren Airmen play a game of foosball during the Airmen's All Nighter recently at Warren's new community center, formerly known as Fall Hall.

Airman 1st Class Andrew West, 90th Comptroller Squadron, said he wanted to come to the all nighter because it was inexpensive and sounded fun. He also wanted to play darts, pool and ping pong with friends.

With new rock climbing walls, a dance studio, batting cages, laser tag and a wide

variety of amusements in the downstairs game room, the community center, formerly known as Fall Hall, is barely recognizable.

There is a nominal fee for laser tag, batting cages and rock climbing wall.

"It's awesome," said Airman 1st Class Nathan Turner,

90th Missile Maintenance Squadron. "I like the variety of activities they have to offer."

Sergeant Carnes said he is looking forward to making the event a regular occurrence at the community center.

Airman Turner agreed. "This is one of the best events on base since I've been here."



Top, Staff Sgt. Alpha Mongerand, 6th Services Squadron at MacDill Air Force Base, Fla., pours rice into a baking pan. Dining hall workers feed all MacDill enlisted personnel. To do this, they must start the cooking process early. Photos by Airman 1st Class Bradley Lott

Bottom left, Senior Airman Holly Veale, 6th SVS, puts just the right amount of flavoring on baked chicken before basting.

Bottom right, Staff Sgt. Melissa Walker puts the final touches on chopped carrots before cooking them.



New and improved Sharkey's opens

By Lori Peppers
45th Services Squadron

With the recent opening of Sharkey's Pub, the new Enlisted bar at The Tides will take its rightful place in the Halls of Patrick Air Force Base, Fla., history.

"Sharkey's Pub has a million dollar – check that ... a priceless view of the Atlantic Ocean," beamed Johnnie Rivera, manager of The Tides, "and it is literally a stone's throw away."

"Services is excited to be able to offer our Enlisted

personnel a brand new bar," said Bill DeCoux, Flight Chief for Services' Business Operations.

He sees the new Sharkey's Pub as an inviting place, "it's new, the colors are fresh and the view of the Atlantic Ocean, just steps away, is unparalleled."

"Since the devastation of the Officers' Club at the end of January 2005, and with the collocation of the Officers Club and the NCO Club, ongoing effort has been focused on

improving The Tides to continue providing quality programming for our valued members," Mr. Rivera explained, "We knew it would only be a matter of time before we could offer the Enlisted club members a new lounge."

After the fire, the dining facilities were collocated at the NCO Club, and the name changed to

The Tides. Because Air Force policy mandates the separation of Officers and Enlisted personnel, one of The Tides' special

functions room was used as the Officer's bar until the re-opening of The Blockhouse. Located adjacent to the burned-out Officer's Club, The Blockhouse was salvaged and repaired, becoming a popular getaway for active duty officers to enjoy camaraderie with coworkers and friends during the TGIF Social Hour.

The old Sharkey's Lounge, however, not only appealed as a gathering place for active duty enlisted members, but many retired officers in the area enjoyed visiting Sharkey's during the renovation of the Blockhouse.

Located on the second floor of The Tides, the new pub is replete with the casual tropical elegance of an oceanside resort with the installation of a new custom bar and custom carpeting, fresh wall coverings and informal furnishings in vibrant blues and greens, and sconce lighting that creates a wonderful atmosphere by casting

patterns on the walls. There are now two restrooms which are ADA accessible.

According to Mr. Rivera, Sharkey's Pub should appeal to both senior enlisted personnel, as well as to younger Airmen. The room currently has three plasma flat-screen TVs. Future plans include the addition of a juke box, along with some exciting programs.

During the remainder of the week, with a seating capacity of 40 (maximum 75 standing), the new pub will be available to host lunch meetings, weddings, retirements, and unit gatherings.

The former Sharkey's Lounge & Game Room, located on the ground floor of the club, will remain as the alternate dining room and a special functions room. Plans to rename the downstairs lounge are in the works.



A spectacular ocean view is offered by the newly-constructed Sharkey's Pub. Located upstairs at The Tides, the new bar hosts the Friday Social Hour for active duty Enlisted Club members from 3:30-4:30 p.m. It is open to all other retired enlisted and enlisted equivalent from 4:30-9 p.m. Lead bartender Luis Villalva adds finishing touches before the grand opening. Photo by Nancy Watts

Enlisted residents enjoy day of fun at Dorm World

Senior Airman Gloria Ochoa, 47th Aeromedical Dental Squadron, serves up hamburgers during Dorm World III events recently. Enlisted dorm residents caught National Football League conference championship action and played a variety of games during the day's events.

By Master Sgt. Anthony Hill
Laughlin Air Force Base, Texas, Public Affairs

More than 20 enlisted dormitory residents at Laughlin Air Force Base, Texas, turned out on a recent Sunday for fun, food and good competition as they battled each other in the final events of this year's Dorm World III.

Dorm World is an annual event that provides enlisted dorm residents an opportunity to compete in a series of contests for prizes. Participants from Laughlin's two dorms, Bldgs. 255 and 256, competed against each other in a variety of events.



Airman 1st Class Robert Arrington, 47th Medical Support Squadron, and Airman Juan Navarro, 47th Aeromedical-Dental Squadron, represent Dorm 256 as they race against the clock during the Dorm World III balance-beam contest.

With support from the 47th Services Division, the dorms competed in events such as bowling, fun runs and holiday decorating. There also was a contest to determine which dorm residents volunteer most in the community.

The final events included balance-beam and tricycle races, and a pool tournament.

Competitors were cheered on by other residents and Col. Laura Torres-Reyes, 47th Medical Group commander, and her husband Jose, who came out to support the participants.

Bldg. 255 gained the upper hand to win all of the Sunday events. After tallying the results of residents who turned in their volunteer hours, Bldg. 255 ended up the overall winner of the Dorm World III competition.

The top prize is a party and Dorm World III t-shirts for the winning dorm. The party will include a live disc jockey, food and a video screen. The dorm runner-up will also be able to join the party when it takes place here.

"The residents had a blast," said Tech. Sgt. Javier Aguirre, enlisted dormitory manager. "The competition gave them an outlet from the 'norm' and gave them a sense of



community. This is just another example of how the Air Force promotes, encourages and facilitates programs for our younger enlisted force."

Sergeant Aguirre added that a "pat on the back" should be given to John Buffone and Dave Leighton from the Fiesta Center who coordinated the events and food for residents.

"Their support made a world of difference in the fun residents had and the camaraderie they built," he said.



Airman 1st Class Daniel Molina-Gonzalez, 47th Mission Support Squadron, representing Dorm 255, maneuvers through the Dorm World III tricycle race.

'Ballroom Blitz!'

Old dance moves
promote personal
fitness at Wright-Patt

By James Baker
Wright-Patterson Air
Force Base, Ohio,
Public Affairs

Looking for an enjoyable and creative way to stay fit?

Popular television shows, such as *Dancing with the Stars*, have recently led to resurgence in ballroom dancing.

Participants can learn dances like the swing, foxtrot, cha-cha, rumba, tango and waltz at "Ballroom Boot Camp" every week at the Wright-Patterson Air Force Base, Ohio, Prairies Youth Center.

Terry Cavanaugh, a certified ballroom dance instructor by the National Dance Council of America, teaches the class with his wife, Angie.

He said he was impressed with the turnout of the first class (14 participated) and how well everyone did.

"We teach our patrons social dancing they can use when they go out to night clubs or other venues where they can showcase their skills," said Mr. Cavanaugh.

The class teaches the same dance for two consecutive sessions before moving on to the next challenging routine.

Mr. Cavanaugh is currently teaching a six-week beginner class on the basics of ballroom dancing.

Eventually, the class will progress through intermediate and advanced levels where bronze, silver and



Dance instructor Terry Cavanaugh, right, directs Marilyn Shaw and Peter Howe in the swing dance style during "Ballroom Boot Camp" recently in the gym at the Wright-Patterson Air Force Base, Ohio, Prairies Youth Center. Both Ms. Shaw and Mr. Howe are with the Air Force Research Laboratory Sensors Directorate. Photo by Spencer Lane

gold levels of dance can be achieved.

"(Dancing) is a great physical workout that can

burn up to 600 calories per hour and provides great co-ed interaction," said Mr. Cavanaugh.

"Dancing is the one of the few things two people can do together that is non-competitive."



Icing on the cake

Natasha Clayton, wife of Master Sgt. Michael Calyton, a Kadena Air Base, Japan, firefighter, practices her candy shell making technique with icing during an intermediate cake decorating class at the Kadena Skills Development Center recently. Students attending the five-week class learned a variety of techniques for using decorative icing on cakes. Photo by Staff Sgt. Chyrece Campbell



Service members sleep on cots in this desert base's Freedom Dining Facility. They are waiting for flights to move them to their deployed locations. Due to bad weather throughout the region, more than 3,000 transients had to spend the night here. Photo by Staff Sgt. Joshua Strang

Services Airmen handle record- breaking 'invasion'

By Maj. Ann Knabe
379th Air Expeditionary Wing Public
Affairs, Al Udeid Air Base, Qatar

More than 3,000 transient service members invaded this desert base recently.

These travelers broke the base's records for lodging and dining.

"They came in droves, hungry and tired," said Lt. Col. David Preston, the commander of the 379th Expeditionary Services Squadron. "But, Services was up for the challenge."

When bad weather delayed flights around the theater of operations, the base's number of personnel waiting to fly in and out escalated quickly.

"We knew the rotational schedule was tight, with lots of people overlapping from (Air and Space Expeditionary Force) 7/8 and 9/10," said Lt. Col. Dave McCormick, 379th Expeditionary Mission Support Group deputy commander. "The

delayed flights added to our transient (personnel) numbers, and we exceeded our lodging capacity by 35 percent."

The gym, theater and an unused dining hall served as backup billeting. They housed more than 300 service members who slept on cots or in chairs. Other guests were bused to a nearby Army camp for the night.

The base's Independence Dining Facility staff fed troops around the clock. At 4 a.m., long lines formed and the staff extended breakfast hours to accommodate their visitors. No one went hungry.

"We didn't need to serve any MREs," Colonel Preston said. "Anyone who wanted a hot meal had one."

The wing also continued to issue ration cards and other creature comforts to visiting Airmen and Soldiers. Extra buses arrived to move the high number of transients between the air terminal operations

center and the coalition compound. Security forces worked extra hours to ensure guests traveled safely on base.

"I was impressed," said Tech. Sgt. Andrew Leonhard. Due to delays, Sergeant Leonhard had to spend the night at the base on the way to his deployed location.

"I've spent the last nine days in the air trying to get to my final assignment in the AOR, and the record numbers were transparent to me. The 379th provided world-class service to this weary Airman."

But, the wing's senior leadership credits the "outstanding professionals" in the 379th ESS with handling the record-breaking achievement.

"The real heroes are our services folks," Colonel McCormick said. "We have highly trained professionals who planned for this contingency, and they made sure everyone was taken care of."

Sheppard learns how to play with its food

Col. Jeffrey Kendall, 80th Flying Training Wing commander, catches a hunk of SPAM in the SPAM toss event during this year's SPAM Fest. Brig. Gen. James Whitmore, 82nd Training Wing commander, and his wife, Julia, won the SPAM toss event. Photo by Mike Fiore



Sheppard Air Force Base, Texas, celebrated its third annual SPAM Fest recently in the community center ballroom.

The event is run by the 82nd Services Division and was created by

James Hale, 82nd SVS director.

More than 300 people participated in a six events: SPAM toss, SPAM golf, SPAM car race, SPAM sculpturing, SPAM carving, a Ms. SPAM pageant and SPAM iron chef.

Winners received a certificate of participation along with an AAFES gift card.

Winners of the contests were: SPAM Toss: Brig. Gen. James Whitmore and Julia Whitmore

SPAM golf: Adam Ehlinger, 365th Training Squadron
SPAM car race: Devon Culhane, 365th TRS
SPAM sculpturing: Travis Nauth, 363th TRS, with his entry of SPAM Hendrix
SPAM carving:

Anthony Berry, 360th TRS, with his SPAMhorn
Ms. SPAM for 2006: Noel Roberson, 360th TRS
SPAM Iron Chef for 2006: Keisha Takano and Mike Pereda

Connecting children with Mom and Dad

By Owen Roach
347th Services Marketing Director

A top priority with the Moody Air Force Base, Ga., Child Development Center is ensuring that children in their care stay connected with their parents during deployments. All too often, in the hectic days prior to deployments, children feel that they're left out and experience a roller coaster of emotions.

"With today's operational tempo, world situations and events and other factors, we're experiencing more frequent and longer separations," said Karen White, CDC director. "This can cause a lot of anxiety on the part of our kids and we alleviate that through something as simple as e-mail."

When the staff is notified that a parent is pending deployment, they obtain a forwarding email address from them.

"During the next few weeks, pictures are taken of the children during their everyday activities here," said Ms. White. "These are loaded on a CD and transmitted to the deployed parent; I'm told it really makes their day."

"Not long after that, we usually receive an email from the parent thanking us," added White.

"If we're not receiving emails shortly after we send one out, we'll receive phone calls here in the Center," said Donna Burgess, the staff member who takes the photos. "We'll bring the child to the phone, and our eyes water as we witness the conversation ... time seems to stand still for those few minutes."

Flight kitchen delivers:

Ready meals help Airmen fill basic need, keep mission focus

By Staff Sgt. Shanda De Anda
Ellsworth Air Force Base, S.D., Public Affairs

President Ronald Reagan once said, "All great change in America begins at the dinner table,"

Although this quote may not reflect the view of all Americans, the importance of food and the challenges of functioning while hungry do hold a truth with which most can agree and scientific research seems to support.

To combat those challenges, the Ellsworth Air Force Base, S.D., flight kitchen's charter is to minimize the distraction hunger may cause to allow Airmen to better focus on the mission.

"I can do my job and accomplish the mission no matter what, but when I'm hungry, it's more difficult to concentrate," said Staff Sgt. Monica Cox, 28th Operations Support Squadron weather forecaster.

The primary mission of the flight kitchen is to provide meals in support of all units tasked with flightline operations. This means providing meals for Airmen like Sergeant Cox who are unable to leave their work stations for meals, and those in support of 24-hour operations.

"Our main focus is to provide meals for aircrews, maintainers, firefighters, security forces, and support agencies like base opera-

tions, weather and airfield management," said Tech. Sgt. Karen Kruse, 28th Services Squadron Flight Kitchen manager. "We directly impact the mission because if we weren't here, the 'ground guys' who can't leave their duty stations or make it to the dining facility might not get a hot meal."

Most of the Airmen who work in the flight kitchen have experience in other parts of the services career field and serve up more than just a snack or a hot meal.

"I use the flight kitchen almost every day, and the customer service is always really good, and they are always friendly," said Staff Sgt. Reggie Tatum, 28th OSS Airfield Management superintendent.

Senior Airmen Tiffany Kaminowski and Krista Trenkle, both flight kitchen food service specialists, worked at lodging and at the dining facility before joining the flight kitchen team and feel those experiences helped prepare them for the job.

"The customer service skills I learned have really helped," said Airman Kaminowski. "It's rewarding to know that we impact the mission

... we support the pilots and those who can't take off to eat."

Airmen Trenkle agreed, adding "It's rewarding to know we are keeping customers happy, and now that we serve hot meals, they aren't missing as much if they can't make it to the dining facility."

The customer base for the flight kitchen is also extended to the rest of the base. Although pre-orders 30 minutes or more in advance are recommended for large orders, walk-ins are welcome.

"Our number one focus is flightline Airmen, but we are committed to meeting each customer's individual needs while staying in compliance with Air Force Services Agency guidance," said Sergeant Kruse.



'Don't be afraid; it's just opera'

The 61st Air Base Group Services Squadron at Los Angeles Air Force Base, Calif., and the Youth Center hosted an evening of classical singing and fun recently at the Community Center Ballroom through the Great American Voices Program, a National Endowment for the Arts initiative.

The Department of Defense partnered with more than 20 professional opera companies to provide 30 bases nationwide the cultural experience of opera. The LA Opera, gave military families an evening of opera and musical theater classics with their evening performance.



Eli Villanueva translates "The Barber of Seville" and other old Italian tales behind operatic arias and librettos conveying tales into contemporary messages. Photos by Paul Testerman

LA Opera's Pianist, Daniel Faltus, baritone, Eli Villanueva and soprano Heather Calvete, performed songs ranging from "Largo al factotum" from the Barber of Seville to "I Feel Pretty" from the musical West Side Story.

"Don't Be Afraid! It's Just Opera!" is an interactive program that demonstrates the universal appeal of opera.

Dave Porter, 61st Services Squadron event organizer said, "Although we had a good crowd of almost 200 on hand

for the performance, I wish it would have been the 300 that would have filled the room."

Attendees were treated to an evening of authentic opera including its history, vocabulary, and live excerpts of famous arias.



Celeste Smith, daughter of Christopher and Joane Smith, dances around soprano Heather Cavete singing "I Feel Pretty," from West Side Story.



Heather Calvete begs her father, played by London Peterson, son of Capt Ryan and Rebecca Peterson, to grant her request, singing "Omio Babbino Coro" from Gianni Schicchi.

Robins Services breaks the ICE



Master Sgt. Brian Noonan catches up on some reading in the periodical section of the library. The ICE system allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world. Photo by Sue Sapp

By 2nd Lt. Seqoyiya Franks
Robins Air Force Base, Ga.

Robins Air Force Base, Ga., Services has a cutting edge system to help break the ICE and serve you better.

The Interactive Customer Evaluation system is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense.

The ICE system allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world.

"This is a great vehicle for Services to keep in touch with our

customer's concerns," said Linda Hinkle, 78th Services Division marketing director. "ICE is an easy way for them to tell us what they like or areas that could use improvement."

Ms. Hinkle said that ICE will give leadership timely data on service quality and allow managers to benchmark the performance of their service providers against other DOD organizations.

The system also encourages organizations to compare best practices to increase performance results. ICE also gives customers the option of making an anonymous comment, or submitting their name if they would like a response.

Lackland recognizes top honor guard members

Senior Airman Jacqueline Soliz from the 59th Medical Wing was named Lackland Air Force Base, Texas, Honor Guard Member of the Year for 2005 during the annual honor guard banquet held recently at the Gateway Club.

Trophies, plaques and certificates also were presented to the following honor guard members:

TEAM LACKLAND DRILL

Staff Sgt. Edward Jones Jr., 37th Civil Engineer Squadron, NCO of the Year and Ceremonial Guardsman of the Year; Senior Airman Ernest Willich Jr., 37th Security Forces Squadron, Airman of the Year; and Airman 1st Class Brittney Lane, 859th Diagnostics

and Therapeutics Squadron, Rookie of the Year

WING RECOGNITION

Airman Willich, 37th SFS, 37th Training Wing Honor Guard Member of the Year; Airman Soliz, 59th MDW Honor Guard Member of the Year; Tech. Sgt. Jesus Ochoa, 433rd Security Forces Squadron, 433rd Airlift Wing Honor Guard Member of the Year; Staff Sgt. Griselda Duran-Espino, Headquarters Air Force Security Forces Center, 149th Fighter Wing Honor Guard Member of the Year; and Airman 1st Class John Powell, 543rd Support Squadron, Air Intelligence Agency Honor Guard Member of the Year



Five Lackland Honor Guard members perform a rifle drill, with four of them catching rifles they tossed to each other above the head of team leader Col. Thelma Hales (center), during the annual honor guard banquet at the Gateway Club. Colonel Hales' regular job while she volunteered for a year with the honor guard was commander of the 37th Mission Support Group. Photo by Sid Luna

Discovering the artist within

Randolph Arts, Crafts center offers variety of classes, gifts

Lt. Col. Pat May of the Air Force Services Agency wraps copper foil around the edge of a piece of stained glass. The former arts and crafts center student took the basic stained glass class several years ago and now uses the facility to work on her own projects. Customers can use the facility and some equipment for \$2 an hour.

Photo by Staff Sgt. Lindsey Maurice



By Jennifer Valentin
Randolph Air Force
Base, Texas, Public
Affairs

Whether looking for a new hobby, a means to be creative or for some unique gift ideas, the Randolph Air Force Base, Texas, Arts and Crafts Center is the place to visit.

From custom framing and stained glass to mosaic art and quilting, the center is filled with crafty ideas and classes, said Debra Jamrozy, arts and crafts center manager.

"It's a great place to visit," she said.

"We offer a wide variety of classes for those who want to learn a craft as well as sell a variety of pieces for those

simply interested in buying something."

The center offers classes four nights out of the week to include copper foil

and lead stained glass, beaded jewelry, photography, sewing, rubber stamp making, pastel painting,

creative journaling and more. The classes usually run about two hours each session with a three to four sessions.

The exceptions are rubber stamp making, which is taught in one session and beaded jewelry making which is taught in two sessions.

Each class also carries a fee between \$5-35, plus supplies.

Ms. Jamrozy added that the center is open to customers of all ages.

Continued on next page



Jason Manning, (right) arts and crafts center custom framer, helps customer Kevin Bowman frame photos for a black history month display that was hung at the Universal City Library. Mr. Bowman is assigned to the Development and Fielding Systems Group on base. Photo by Staff Sgt. Lindsey Maurice

S-J Auto Hobby gets a tune-up

By Airman 1st Class Dominic Kuiper
Seymour Johnson Air Force Base, N.C., Public Affairs

The Seymour Johnson Air Force Base, N.C., auto hobby center recently received much needed improvements in the form of new vehicle lifts, more employees and, among other things, a new tire changer and balancer.

"The old vehicle lifts had been in service for some time and were in need of repair," said Jerry Cazeault, auto skills technician. "Services answered the call with five 9,000 pound capacity lifts and one 12,000 pound capacity lift for larger trucks."

They also received a new tire balancer and a tire changer with the ability to mount up to 40 inch tires and 22 inch rims. With all the new equipment, the only thing left out was someone to help use it.

"We took care of that detail as well and have since hired another mechanic, J.R. Matthews, who is an Automotive Service Excellence certified mechanic," said Tammy Amon, 4th Services Squadron.

The auto hobby center has started a few new programs to promote customer satisfaction and safety. The first of which is the Night Owl, Early Bird Drop-off Service, which allows customers to drop off their vehicles Monday through Thursday for oil changes. Keys can be placed in a drop box during off-hours. Once the work is completed, the technician will inform the owner that their car is ready for pickup.

They also offer free classes on various aspects of car care such as oil changes, brake replacement and proper use of the vehicle lifts.

"Another not so widely known freebie provided at the skills center is pre-travel safety inspections, which are offered three times throughout the year around heavy travel seasons," Mr. Cazeault said.

The auto skills center will still be offering all their old services including oil changes, tire mounting and balancing and recycling of oil, antifreeze, batteries and scrap metal during work hours only.

Arts, Crafts discovers new artists

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The Randolph Arts and Crafts Center offers both a beginners and advanced stained glass class. Classes are taught in four-part sessions, once a month on weeknights. Photo by Staff Sgt. Lindsey Maurice

"We have classes geared toward both adults and children, so everyone can participate at our facility," she said.

"The classes offered for children are especially great because it gives them a chance to be creative and make something on their own. Plus the instructors are really knowledgeable and great with the children."

Some of the classes offered to children include jewelry making and mosaic art.

Ms. Jamrozy said that perhaps the best aspect of the arts and crafts center is that customers can learn a new skill and use it to make really beautiful and personal gifts for those they care about.

"To receive a gift that someone has made is like receiving a piece of that person," she said. "It just warms the heart."

In addition to classes, the center also specializes in custom framing and laser engraving for plaques and trophies.

One of the center's regulars, Senior Master Sgt. Gerrie O'Brien of the 12th Aeromedical-Dental Squadron said the facility has been a great asset to her over the years.

"Being certified to use the work area in the framing center, I can make nice going away gifts that are less expensive and hand-made," she said. "Plus, I always receive outstanding service. The employees are wonderful and I have a great relationship with them. The center is also conveniently located on base."

"Anyone who hasn't checked out the arts and crafts center should come out today," said Ms. Jamrozy. "I look forward to seeing new faces soon."



Esprit de corps Base Honor Guard is Air Force pride

**By Senior Airman
Angelique Smythe
McConnell Air Force
Base, Kans., Public
Affairs**

The primary duty of the McConnell Air Force Base, Kans., Honor Guard is to perform military honors for active duty, retirees and veteran funerals. They perform an average of 100 funerals per year, covering 77 of 105 counties in Kansas.

"It's our way of honoring and thanking those who have served before us ... for the sacrifices they have made in defense of our country," said McConnell Honor Guard NCOIC, Master Sgt. Eric Yeager, 22nd Services Squadron. "It's important that the families at the funerals know the country cares and appreciates their loved ones' service to the nation."

Military honors are the final atonement to a family in the event of the loss of a loved one.

"As life may have it, people pass away," said honor guard member and trainer, Senior Airman Rowland Nwaohuocha, 22nd Civil Engineer Squadron. "So at the end of a veteran's life, we give the family that one last glimpse of the United States Air Force by way of the base honor guard at the funeral for that individual. We give them something to go away with – the folded flag, the 'Taps' and 21-gun salute. We bring that excellence to the funeral."

In addition to funerals, the base honor guard also leads parades and posts colors during wing and local community events.

The team has posted colors at

events in Kansas City, Mo., Wichita State University basketball games and a National Association of Stock Car Auto Racing event.

"Honor guard entails a commitment to a 'greater than yourself' service," said Airman Nwaohuocha. "Everyone in the Air Force is doing just that – serving and striving to protect our country. But for us, the Honor Guard is that little bit more – sometimes a lot more commitment than most people would presume."

According to Sergeant Yeager, to be a part of the McConnell AFB Honor Guard, "you need to have a desire to be part of a team that makes a difference to families in some of



The honor guard colors team marches onto the flightline to post the colors during the 21st Annual World's Largest Concert, an event sponsored by the National Association for Music Education. Photos by Master Sgt. Maurice Hessel

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McConnell Honor Guard shows pride

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The base Honor Guard firing party stands at attention before practicing their 21-gun salute movements during recent training.

their worst times by paying respect to their loved ones' service for their country."

Sergeant Yeager, who has served as an honor guard member in the Air Force for approximately 10 years, said the benefits of serving on the Honor Guard are both tangible and intangible.

The tangible benefits include: a ceremonial uniform issued free of charge; a one-day pass for every 40 hours of ceremonial details completed and an Air Force Commendation medal after serving for 12 months completing at least 20 ceremonies.

Also, those who graduate in the honors flight receive a parking

space, an honor guard badge to wear on their blue uniform and a McConnell AFB Honor Guard black hat.

But apart from the material things, some say they feel a personal satisfaction knowing they've honored a fellow service member.

Airman Nwaohuocha said, "The fact that we get to wear the ceremonial uniform is not a benefit, but a privilege and an honor. We understand that when people are grieving, we can actually do something to comfort them by way of military funeral honors and ultimately show the pride of the Air Force."

Success!

Members of the 100th Services Squadron Search and Recovery Team at RAF Mildenhall respond to an "aircraft crash" scene during the Full Spectrum Threat Response scenario portion of the recent Operational Readiness Inspection. The wing secured an overall "Satisfactory" rating during the Phase I. Photo by Airman 1st Class Cecil McCloud



Children experience 'deployment' firsthand

McKenna Brandon is checked out by Staff Sgt. Lisa Gamble, an aerospace medical technician at Tyndall Air Force Base, Fla., at the physical exam stop of the deployment line. Photo by Master Sgt. Mary McHale



By Master Sgt. Mary McHale
Tyndall Air Force Base, Fla., Public Affairs

For many children, it's an experience they've already been part of when Mom or Dad prepare for deployment — the processing, the goodbyes, the welcomes home.

But this time they got to experience it firsthand in Operation Jr. R.A.P.T.O.R., or Real Air Patriots Training on Readiness.

More than 190 youth from the Tyndall Air Force Base, Fla., Child Development Center and Youth Center participated in the program recently. It was designed to give them a hands-

on look at the deployment process.

Groups of children first went through a "processing line." Stations included stopping for a physical exam with a stethoscope; camouflage face painting; an obstacle course; picking up a mobility bag (a small satchel of snacks); and getting their certificate of completion and dog tags.

"We wanted to give these children an idea of what their parents go through at a level they can understand," said Joe McLeer, CDC training and curriculum specialist. Blanca McCann, a volunteer, said the project was a base-wide effort.

"We wanted to pull everyone together to get as much variety as possible so it wouldn't be boring for the kids, to give them a taste of the deployment process but in a fun way. It also helps them get closer to their parents because they better understand what their parents go through."

Children ages 6 to 15 met at the youth center the next day. Their day began at 8:30 a.m. as they checked in with their orders, and proceeded through a mobility line, ensuring they met all appropriate requirements before their departure.

Tech. Sgt. Mark Thames, 325th Maintenance

Squadron, had two children involved, Cory and Kyle.

"I told them about it and they were excited," he said. "They wanted to do what Dad has

to do. I think it's a really good experience."

Almost all the participants dressed

Continued on next page



Trent Frey gets help donning his chemical warfare gear from Staff Sgt. Maria Martinez of the 325th Civil Engineer Squadron. Photo by Chrissy Cuttita

Tyndall children 'deploy'

continued from page 24

for the part as well, from kiddie-size uniforms to pieces of their parent's uniform. After their initial in-processing, students joined their assigned groups and formed up for briefings and physical training.

Another part of their in-processing was a voluntary station to drop a treasured personal item in a cooler, also known as a "loved one's hotel." The item would remain behind.

According to Mrs. McCann, that helped participants understand the feelings of separation. Inside one hotel was a faded football, a doll and a well-worn stuffed pink elephant.

When the group was called to attention for the arrival of Brig. Gen. Jack Egginton, the 325th Fighter Wing commander, the collective snap of their heels resonated throughout the youth center.



Sienna Woods, 7, gets a big welcome-back hug from her parents, Angie and Staff Sgt. Frank Woods, of the 83rd Fighter Weapons Squadron. Photo by Chrissy Cuttita



Trent Frey pours canteen water into a Meals, Ready to Eat heating container with the help of Senior Airman Jon Summer of the 325th Services Squadron. Photo by Chrissy Cuttita

"This is just so neat and perfect," General Egginton said. "We owe so much to our children. They sacrifice every bit as much as we do during deployments, and this gives us a chance to express our appreciation collectively."

"You all look great. We have real warriors here today, and we wanted to get all of you together and say thank you," he said.

After the general's remarks, the 325th Security Forces Squadron military working dog handlers treated the young warriors to a demonstration.

"(The dog) looked in a suitcase

for a dynamite wrapper," Hayley Clocksin said. "I liked the dog demo. I'm having fun."

The youth then "deployed" to Hangar 4. On site were demonstrations on chemical warfare gear and explosive ordnance disposal equipment, an F-15 Eagle static display and instructions about Meals, Ready to Eat.

Danika Plotkin enjoyed this portion of the experience. "It's great," she said. "I'm learning that military people help other people who don't have many things. So far, I think I would like to be in the Air Force. I think it would be really cool

to help other people."

The youth also toured two transient aircraft, a KC-135 Stratotanker and a C-130 Hercules, brought in specifically for the project.

The day culminated in their "homecoming" as they returned to the youth center that afternoon to their parents cheering and waving flags.

"It's fun to get to see what parents go through in a deployment," said Trent Frey. "It was heavy and exhausting putting on the chemical gear. It's difficult but it's about defending our country and being free."

Flying airplanes way of life at Edwards Aero Club

By Pierre Kindorfer
Special to the Antelope Valley Press

Editor's note: This story appeared in the Antelope Valley Press on Tuesday, Jan. 31, and reprinted with permission.

Flying airplanes is a way of life on base. Many top Air Force and NASA pilots fly here day and night, 365 days a year for a living. However, there are people at Edwards Air Force Base, Calif., who love to fly just for fun. The Edwards Aero Club gives them the opportunity to do just that conveniently and inexpensively.

Club manager Doug Botbyl said the group has about 160 active members, all of them affiliated with the military. In order to be eligible, members must be on active duty or retired from it.

Air Force Reserve members, civilian defense employees, and contractors and their families are eligible also. More female pilots and students are joining the club, too.

Why join a flying club within the base instead of buying your own little plane or renting one commercially? For many club members it is more convenient to have the opportunity to fly "next door" to the place where they work, and the club offers late-model airplanes for rental, with a modest \$30 initiation fee and \$25 monthly charge.

The organization is an "official Edwards Aero Club and Flight Training Center" but uses no tax dollars. It must earn all the operational budget it spends, including salaries for two full-time employees and contractors.

With six flight instructors, two of them full-time contractors, the club is larger than most comparable flight schools. Steve Barron of Lancaster, who retired from the Air Force, uses the club for his initial flight training to become a private pilot.

One club member who is on active Air Force duty wants to add being a pilot to his résumé. "It is a good career credential and lets me understand the aviation much better."

The program starts with a state-of-the-art, computer-based, Federal Aviation Administration-approved ground school. No one-on-one teaching, no traditional classroom - just a comprehensive, elaborate audio-visual program on dozens of CDs that students are to take home and learn at their convenience.

Students' learning progress is documented, and the flight instructor only has to evaluate the progress, answer questions and sign off for the student to take the next step. The price tag for the ground school is \$299.

"With this program, you are able to show your family a DVD of exactly what you are doing in a plane and how to cope with specific situations. This reduces the fear of flying some people have," Mr. Botbyl said.

The Aero Club is an official Cessna Center, and it shows in the study material. There are no theoretical explanations of flying techniques, no two-dimensional graphics to demonstrate specific piloting procedures.

Continued on next page



Second Lt. Jason Wall, 412th Test Wing executive officer, sits in the cockpit of an Aero Club plane. Photo by Senior Airman Matthew Dillier

March Aero Club manager retires

After 24 years of service, loyalty and dedication, Fred Zoltz, Aero Club manager for March Air Force Base, Calif., has retired. Mr. Zoltz will explore new opportunities and adventures.

Mr. Zoltz managed the March Aero Club since 1981, when he retired from the Air Force as an Air Traffic Controller. A veteran pilot of 41 years, Mr. Zoltz offered his expertise and instruction to student pilots as well as overseeing restored propeller driven T-34s.

Mr. Zoltz is a pilot who believes every fellow military aviator deserves a missing-man formation flyover at their burial, and he along with a few select fellow pilots felt so strongly about the tradition that they per-

sonally pick up the cost to perform formations to honor families and loved ones.

"People who see us are in tears, and afterwards, when they thanks us, that's very rewarding for me," he said. "The gratitude we receive is worth the price and the effort. You may never have met the pilot and he may not have flown for 35 years, but this is something he deserves and it makes us feel like we're a part of his family."

Thanks to Mr. Zoltz's obvious heartfelt dedication and honorable principles, the March Aero Club has remained a strong presence and is known as one of the finest Air Force Aero Clubs in the world.

Edwards Aero Club profiled in California press

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Instead, the DVD presentations show every single step or move a student has to make - even before the student enters the plane for the first time.

The club owns seven single-engine planes. The main workhorses are four Cessna 172s.

Also present is a high-performance Cessna 182 with retractable gear to be used for more advanced training, such as that required for a commercial or airline transport license.

A Socata TB200 and the legendary T-34 Air Force trainer are available, as well.

The club owns a hangar with a well-equipped maintenance shop run by Glenn Eppich of California City, a private pilot himself and an FAA-licensed airframe and power plant mechanic.

An additional technician helps him out.

The club enjoys lots of tarmac space at the historic South Base location. It is able to use a runway that virtually is its own. This "little runway" 24/06, the one Chuck Yeager used for his supersonic flight many decades ago, is now outdated and much too small for the general Edwards air traffic, but is a perfect solution for a flight club and school.

The facilities consist of a roomy trailer with office space, classrooms and other facilities needed for a flight school and club. The maintenance shop, storage room, a computerized FAA-Test Center and additional office space are housed in a hangar.

In front of these buildings is more tie-down space than the club ever can use. The club is open 24 hours a day, seven days a week.

The only problem is how and when to fly in a restricted military air space such as Edwards AFB.

First, all participants are directly or indirectly connected with the Department of Defence and have the necessary security clearance. Second, the club uses specific arrival and departure procedures in and out of the restricted airspace, mostly at a specific altitude and predefined pattern.

Being able to use a different runway than the big Air Force planes helps. The club craft use the same kind of civilian registration numbers, beginning with the letter "N," but air traffic control knows the numbers actually are registered to the Air Force.

For most of the club members, flying at the 300,000-acre Edwards AFB is a very special thing. Here, big portions of aerospace history have been and still are being made. From the many first flights to countless world records broken, it's a special place.

One flight, several missions **CSF reaches Airmen throughout Barksdale**

By Tech. Sgt. Chris DeWitt
Barksdale Air Force Base, La., Public Affairs

They provide the base with food, a place to sleep, somewhere to work out, a book to read, official ceremony honors and care for someone's family if a member dies.

These are the unique responsibilities of one diverse group of people – the 2nd Services Squadron Combat Support Flight.

Five sections make up the CSF: readiness, library, food services, fitness center and lodging.

Readiness

Readiness members support the mission by tracking and scheduling training requirements, acting as unit deployment managers and conducting mortuary affairs.

"We're not a typical readiness office," said Capt. Andres Duran, officer in charge of plans and force management. "Our folks are all dual and triple hatted."

An additional function of the readiness section is the Honor Guard, comprised of men and women from various base organizations.

"We provide funeral honors to active duty, retired military and Air Force veterans," said Master Sgt. Anthony Blake, NCO in charge, base honor guard. "That is the main reason for the base Honor Guard program."

"In addition to funeral honors, we provide posting of Colors for numerous base and local community functions," he added.

The men and women of the honor guard provided more than 300

funeral honors in the finest fashion this year and are truly ambassadors to Barksdale, Sergeant Blake said.

Library

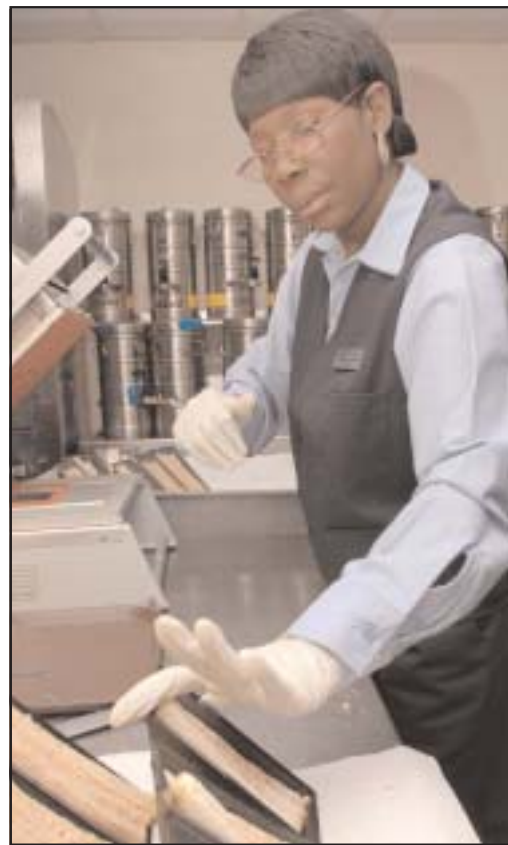
Another element of the CSF is the base library where their mission is just as diverse as their parent squadron.

"We have a three-fold mission," said Fran Morris, library director. "To support the Air Force mission, academics and quality of life."

The library has more to offer the men and women of Barksdale than books.

"Most people think of us just as books," Mrs. Morris said. "We also have VHS tapes, DVDs, books on CD and books on tape for adults and children."

Other services offered include extensive CLEP and DANTES study materials, fax and



Mary Baker, civilian supervisor, makes and seals 100 to 110 sandwiches for the lunch line at the Touch-N-Go, a unique flight kitchen that provides hot meals as well as boxed.

copier services, and we offer reference services for mission questions and academic support.

"We also have a computer lab complete with 16 new computers," she said.

"Our adult reading program encourages adults to read or listen to books, for which we provide incentives," the director added. "Similarly, we offer a reading program designed to encour-

age children to read through the summer."

Another program geared for adults is 'Net Results – an internet computer instruction on finances, taxes, health issues, travel and some basics in Microsoft Word and Excel.

"You can characterize us as being first-stop, onestop information source," she added.

Continued on next page

One flight, several missions

continued from page 28

Food Services

An added component of the CSF, which is tucked away on the flightline, is the Touch-N-Go Flight Kitchen.

Master Sgt. Robert Hauer, manager of the Touch N Go Flight Kitchen, said Barksdale is unique in the aspect of having an expanded kitchen because most bases with flight kitchens just provide boxed meals for fliers.

"The Touch-N-Go provides an opportunity for our flightline personnel to get a hot meal," Sergeant Hauer said. "Because their missions don't allow them to leave, we provide that for them."

"We try to think outside the box here, we have daily specials like Taco Tuesday," the sergeant said. "We try to get away from hamburgers and fries daily. It's the little things that break up the monotony of everyday life."

Fitness Center

Like the other sections in the CSF, the fitness center hosts a diverse range of programs and

fitness opportunities for the Barksdale community.

"We can do anything an individual needs to reach a healthier lifestyle," said James Dich, fitness center director. "We do assessments, fitness prescriptions and limited nutrition guidance."

"Additionally we provide one-on-one training and try to hold at least one special program a month," the director commented.

"We also support those already living a healthy lifestyle and provide equipment and facilities to support them," he added. "The fitness center is totally committed to supporting the 'Fit to Fight' initiative."

Lodging

Lodging also has a diverse task in supporting the mission of the CSF.

"We provide clean, safe and comfortable quarters for authorized military and Department of Defense civilians who are TDY, on leave, or PCSing to, through or from Barksdale," said George Featherston, general manager, Barksdale Inn.

"We also ensure all transient and space available visitors receive the best quarters and customer service possible while visiting Barksdale."

"Most of the base populace is not aware they can have their family members who are visiting stay at lodging, provided space is available," he said.

"Also, lodging rates are not set by the managers, the Air Force sets the rates and once set, they are non-negotiable except at the Air Force level."



Barksdale Air Force Base, La., Honor Guard member Airman 1st Class Christopher Supanchick holds an American flag in preparation for a funeral flag folding ceremony. Photo by Airman Kendra Fulton

One flight, one team

Capt. Robert Altemus, CSF officer in charge, gave two key elements to maintaining the various sections.

"Organization and communication," he said. "Communicating enough to keep everyone on the same page."

With more than 250 people in the flight, keeping everyone on the same page requires a planned approach. The captain accomplishes this by, "consistent accountability with rewards and with discipline – holding people accountable in the responsibilities given and taking appropriate measures when things go well, and when things don't."

Despite the diverse role and the unique requirements of the flight, the captain said he enjoys being a part of the mission.

"I like it because it is so diverse," Capt. Altemus added. "It's something new, a different task, a different challenge every single day."

Whether you are picking a book, pounding the treadmill, grabbing a bite to eat or checking in for the night, the men and women of the CSF will be there making sure your needs are met.



Rebecca Blunk, library clerk, restocks returned books at Barksdale's library. Photo by Tech. Sgt. Christopher DeWitt

Base families shine at Air Force talent contest

By James Baker
Wright-Patterson Air Force Base, Ohio, Public Affairs

The 2005 Air Force Worldwide Family & Teen Talent Contest winners were recently announced with Wright-Patterson Air Force Base, Ohio, families shining with two first-place winners and a second place winner.

The contest showcased talents of families and teens through singing, dancing, playing musical instruments and other specialty performances.

A panel of professional entertainers reviewed and judged each tape before selecting winners. More than 250 tapes were submitted by 57 bases.

The Ballester family won the Teen 13-15 group for the second year in a row with an instrumental act that featured Scottish Celtic music.

Twins Marcel and Francis were on the recorder, Nicholas and Katherine on violin and Damian on the cello.

"We were thrilled that all five of them participated and won at the Air Force level," said Lynette Ballester, their mother. "They adapted their own music, made their own video, and everything sounded great."

Criteria used for judging the event were technical excellence, showmanship, interpretation of material and costuming. First, second and third place winners in each category received recognition awards.

Ranging in age from 3-year-old Julianne to 14-year-old Katie, the Peterson family finished second in the Family category of the contest. Ellen, Karen, Matthew, Katie, Julianne and Jon performed "Old Joe Clark."

Lauren Ballard took the top prize in the Teen 16-18 Solo Performance/Specialty Act.

First-place winners are invited by Tops In Blue to perform at the Nutter Center March 8. The Air Force winners between the ages of 14 and 18 are eligible for the Missoula Performing Arts Camp in Montana during July, one of the Air Force Services Family Member Programs.



The Peterson family of Julianne, 3, Katie, 14, Ellen, 3, Karen, Matthew, 11, and Jon perform "Old Joe Clark" during the 2005 Community and Family Center Family and Teen talent contest at the base theater in September 2005. The family placed first in the family instrumental and vocal category, while Jon and Katie placed first in the parent and youth instrumental category. Courtesy photo

Names, faces in the news

Luke Athletic Spotlight

Steven Wyatt

At a glance:

Age: 39

Job: 56th

Services Squadron assistant fitness center NCO in charge.

Athletic career:

Four years of high school football in Attalla, Ala. I also ran track. I have played several intramural sports throughout my 20 year Air Force career.

Training and fitness:

I run 25 to 30 miles a week, and calisthenic workouts 3 to 4 times weekly.

Best performance:

I ran a best of 1 hour and 42 minutes in the 2005 P.F. Chang's Rock-n-Roll Half Marathon.



Luke Quarterly awards

The following individuals are wing quarterly award winners at Luke Air Force Base, Ariz.:

Civilian (NAF – clerical, recreational and child care):

Louise Stephens

56th Services Squadron

Civilian (NAF – crafts and trades):

Janice Strozyk

56th SVS

Eielson annual awards

Eielson Air Force Base, Alaska, recognized the best-of-the-best recently, announcing the wing's annual award winners during a ceremony in the Aurora Club. Among this year's annual award winners was: Civilian I category; **Brandi Wolfskill**, 354th Services Squadron.

Mrs. Wolfskill, 354th SVS, lodging accountant, procured more than \$600,000 in new furniture for the temporary lodging facilities and chief suites. She executed 25 lodging contracts valued at more than \$500,000 and completed the Air Force Services Agency internet-based purchasing system training.

Brooks fourth quarter award winner

Ricardo Hernandez

311th

Services, NAF Technician



Hernandez

IN THE Seymour Johnson



Staff Sgt. Bernadette Kane

4th Services Squadron
Seymour Johnson Air Force Base, N.C.

Hometown: Claumont, N.Y.

Job title: Fitness director

Most life-changing experience: My daughter

Hobbies: Riding my ATVs, reading and working out

What is your biggest fear? Sharks

What book would most likely be found on your nightstand? Any Stephen King book

Favorite quote? "Change is a process, not an event"

The Air Force show must go on

AF-level talent winners extol virtues of family participation

Maj. Preston Arnold and his wife, LaDelle, pose in their "Phantom" costumes. Photo by Todd Ryan



By James Lovely
10th Services Division

The Broadway musical "Phantom of the Opera" holds a special place in the hearts of Maj. Preston Arnold and his wife, LaDelle.

It was the theme for their wedding.

"It's always been one of our favorites. It was one of the first musicals that we really listened to a lot together," Major Arnold said. "By coincidence, it recently became the longest running Broadway musical in history."

Their performance of the song, "Phantom of the Opera," earned them first place in the 2005 Air Force Family and Teen Talent Contest Family category. Base winners are

forwarded to Air Force-level for further competition.

The Arnold's award was anything but a fluke. In fact, only a second-place finish in 2004 kept the couple from winning the Husband/Wife category five straight years. Amazingly, the year the Arnolds didn't win, the major won with the couple's 10-year-old daughter in the Parent/Youth category.

Music and theater have always played a central role in the Arnold's lives together.

"We met while we were singing in a karaoke bar after work and we started singing together," said Mrs. Arnold, who is currently performing in a drama with the Star Bar Players, a

community theater group in Colorado Springs, Colo. "On our first date, we sang Broadway tunes and I thought, 'Oh my gosh, here is a guy in the military who knows Broadway.' It was very rare to find a guy who liked Broadway.

"He knew all the songs I knew. We had a great time. We've been doing a lot of local theater everywhere we've been ever since. In fact, the first year we were married we did four shows together."

Major Arnold's Air Force career has led to many moves for the Arnolds and performing in the Air Force Family and Teen Talent Show wherever they go has helped bond them to their new communities.

"PCSing is really disorienting. When you have something like the talent contest to get you involved, you meet other military families. You get to see people who like the same things you do and you keep those relationships, maybe for years. It really makes you feel at home," Mrs. Arnold said. "The first thing we do when we get to a new base, after we get settled in our house, is find music or theater and get involved. It really helps the move for the kids, as well."

The major believes there are many other benefits to performing in the base talent show and encourages everyone to consider performing, especially those

who've never tried it.

"It's just so much fun. The thing that's really neat about the base talent contest is it's all family. So, it's easier to make that jump and you get all the advantages of being up on stage and being able to perform and finding out if that's something that you like. Even if you walk away saying, 'That's not something I'm going to do again,' you'll still have that experience of having done that, and that extra confidence in knowing, 'I can do that.'"

That same encouragement extends to his own family members, as

Continued on next page



'All in the family' for Academy talent winners

continued from page 32

Maj. Preston Arnold and his daughter, Mary, sing Aug. 18, 2005, during the Tops In Blue show at the U.S. Air Force Academy. They won the first place Air Force-level award in the Parent/Youth category in the 2004 Air Force Family and Teen Talent Contest for their performance of "I Don't Need Anything But You" from the Broadway musical "Annie." Photo by James Lovely

well. The Arnold's 7-year-old son sang solo for the first time in the 2005 talent contest.

"Tristan's still developing. He had a little bit of stage fright, but he's getting over it," said Major Arnold, who teaches political science to cadets at the U.S. Air Force Academy.

Their daughter performed with her

father in front of a crowd of about 2,000 in USAFA's Arnold Hall (named for Gen. Henry "Hap" Arnold, no relation) during the summer 2005 Tops in Blue show. One of the perks of winning the talent contest at Air Force level is an invitation to perform with the Air Force's premier touring entertainment group.

"Theater is absolutely fantastic for people, especially kids as they grow up, because they learn self-confidence and they learn how to follow direction," Major Arnold said. "Plus, we're involved in our kids' lives and they're involved with ours. It's something we can always do as a family."

Arnold Family History

Air Force-wide awards won by members of the Preston family in the Air Force Family and Teen Talent Contest include:

2005: First place Husband/Wife
Second place Parent/Youth
2004: First place Parent/Youth
Second place Husband/Wife
Second place Family
2003: First place Husband/Wife
Firstst place Child 6-8
2002: First place Husband/Wife
2001: First place Husband/Wife
Third place Child 3-6

Andersen Warrior of the Week

Senior Airman Cheyne Howell, 36th Services Squadron, is recognized as this week's Warrior of the Week.

As a food service accountant, Airman Howell is responsible for the accuracy of financial paperwork at the dining facility and flight kitchen. He is the wing point of contact for the Essential Station Messing program, in which he oversees more than 1,000 ESM accounts.

Airman Howell also works as a storeroom clerk, purchasing more than \$100,000 worth of subsistence per month, feeding more than 1,700 members per day.

Hailing from Charlotte, N.C., Airman Howell joined the Air Force three years ago for the education and travel benefits. In his off-duty time, Airman Howell enjoys playing football and basketball, spending time with his family and working on cars.



Photo by Senior Airman Nestor Cruz

Retired Army officer teaches others his love of watercolor

By Lori Peppers
45th Services Squadron

To discover something that you enjoy so much that you want to teach it to others is a rare occurrence in life. And, for that discovery to come about not only as a hobby but also after retirement may be rarer still. But that's exactly what happened to retired Army Lt. Col. Ed Carlson.

In 1998, after his return from a sailboat trip to the Bahamas with wife Pat, he decided to find an indoor hobby. While watching a watercolor artist on television, he made the decision to try his hand at watercolors.

In 2001, only three years after he began, Mr. Carlson was approached to teach a watercolor class at Patrick Air Force Base, Fla., by Nancy Wilberg, 45th Services Squadron Arts & Crafts

director. It would be his first of many opportunities since to teach an art form that he had come to love.

"The beginner classes that I took were disappointing," he recalls, "While I expected more fundamentals, they were essentially 'beginner classes' for people who were not beginners."

Mr. Carlson, who prefers Ed, developed an intro course that was truly basic, one that would bring students step-by-step through a composition, teaching various basic techniques along the way. It's so basic, in fact, that he introduces it as "Watercolor Sub-101."

Much of his learning was self-taught. He was persistent through much discouragement and frustration in the beginning, and he doggedly studied library books on the art of watercolor.

"I'm fortunate to have been able to find what began as a fun hobby, and impart it to others," Mr. Carlson said, "it's fun to bring people through the medium while making it fun for them."

He offered his experience with one student who had studied art in college and wanted a refresher.

"She was told by a professor that watercolor was the most difficult medium to work with because once it was on paper it was down. With no basis of comparison, I told her 'so, let's just have fun'. In the process I discovered ways to teach students how to 'cheat.' Basically you can cheat by turning your 'mistakes' into something intentional."

According to Mr. Carlson, you do not have to know how to draw or have prior art experience to take this course. Students begin learning from the



Retired Army Lt. Col. Ed Carlson and Arts & Crafts Director Nancy Wilberg consider mats for "Dune Pathway," one of four compositions that students will complete in his basic watercolor paint classes. Photo by Nancy Watts

moment that they register and receive a supply list.

"We begin painting in the initial class, so supplies must be purchased in advance. I advise them exactly what to bring in and why, as well as on where to best purchase them.

"Why buy a particular tool from an art supply store, when it's available

cheaper from a hardware store?"

"I'm still a beginner. The more I strengthen my skills, the more I find that there was more beneath the engineering and military-stuff that I pursued in my career."

One thing is for certain, the avid sailor is enjoying this time of discovery.

Kirtland's new personal trainer provides fresh approach

By Mara Minwegen
Kirtland Air Force Base, N.M., Public Affairs

There's a new personal trainer at the Kirtland Air Force Base, N.M., East Fitness Center, and she has plans for you.

Keri Jenkins is bringing a new perspective to physical fitness to the East Fitness Center and intends to build a clientele who will benefit from it.

"I love to work with people who are motivated to learn more about themselves," she said.

Ms. Jenkins has a degree in communications from the University of New Hampshire, and received her certifications in personal training in the United Kingdom from the British Standards Young Group. There she learned about what she calls the mind/body connection.

She studied behavioral therapy, psychotherapy, neuro-linguistic programming and hypnotherapy while in England, and brings principals from those disciplines to personal training, she said. She has been practicing for about four years.

"I really focus on tailoring programs to people's individual needs. I'm a realistic trainer; people need a balanced perspective," Ms. Jenkins said.

Personal training is a good way to stay motivated, define goals, learn correct exercise techniques, and understand the theories behind strength gain and weight loss, she said.

Ms. Jenkins' goals are to increase the membership in the group fitness classes that she will be teaching, to build up a clientele for personal training and to introduce the idea of

the mind/body connection as it relates to physical training.

"Using the mind/body connection makes training results go off the charts," she said.



Keri Jenkins

Los Angeles AFB Spotlight

Autumn Nicole Baldwin

Unit/Duty Title: Los Angeles Air Force Outdoor Recreation, Aquatics Director/Programmer/ Assistant Director

Time with Air Force: Three years (first two seasonal as a lifeguard, then as pool director)

Hometown : San Pedro, Calif.

Hobbies: Rock climbing, mountain biking (cross country and down hill), swimming, running, camping, hiking, SCUBA and more.

Favorite Air Force memory: Going on my first Black Canyon trip. I was lucky enough to co-teach. It was an experience that made me realize I love what I do, and I made the right career decision in life. Trips and co-workers make working not seem like "work."



One recommendation for improvement, either base or Air Force-wide: Keep focus on customer satisfaction. Always remember that our co-workers are our customers too, and we need to continue to treat them like it.

Nominating supervisors comments about the individual: "Ms. Baldwin has gone above and beyond the scope of her jobs many times this year," said

Capt. Anthony Higgins, Community Support Flight Chief. "Autumn is on an RDO schedule and also gets other weekdays off due to her working 2-3 weekend days a month. However, she has taken almost none of these days off knowing that the office runs a lot smoother with her here since I am still learning the ropes. She is truly a unique Air Force asset for the way she, as a civilian, encompasses the three Air Force core values." Photo by Paul Testerman

New youth fitness director has **BIG** plans for Youth Center

By Janet Taylor-Birkey
Cannon Air Force Base, N.M., Public
Affairs

"Mr. Lionel! Over here, Mr. Lionel!"

These are the screams heard entering the gym at the Cannon Air Force Base, N.M., Youth Center — especially when children are trying to persuade Lionel Alston, new Youth Fitness director at the Youth Center, to play dodgeball with them.

Having always been involved in sports, Mr. Alston brings his love of sports and children to Cannon.

Moving from Albuquerque with his wife and two children, Mr. Alston now seeks to change the face of sports at the center.

The goal is to expand the program to "whatever the kids have a love for," Mr. Alston said. "We are

going to change ... more participation in sports," said Mr. Alston.

This change includes forming sports leagues for children ages three to 18 years old so that children can play team sports on base.

"Right now we don't have enough kids to form a league, but hopefully that will soon change."

Sports leagues will allow Cannon military family children to be able to play on base without having to travel downtown.

Children's interests are a big factor in determining the center's program.

"The kids want to go skating, so now every Friday is skating Friday. We try to listen to what the kids have to say," Mr. Alston said.

Monthly sports clinics such as basketball, football and soccer are part of Mr. Alston's plan to involve children and teach the rudiments of various sports.

Physical fitness for children is a passion for Mr. Alston who spends

after-school hours in the gym playing basketball and other games with the children.

To gain participation in the sports program at the Youth Center, Mr. Alston wants parents to get more involved with the children.

"We have to get the parents ... involved before we can get the kids [involved]," he said. "That means playing with the kids or letting them stay later at the center to practice or when [they are] working on something special."

To encourage children who are not sports minded, Mr. Alston said it helps to participate with them in activities. "We don't put them in competition; we just play around with them."

Mr. Alston feels that parents can play a big role in keeping their children physically fit by exercising with them.

"In my house, after dinner we get together and go walking. We grab the dog and walk," said Mr. Alston.

Nellis outdoor recreation the right fit

Derek Sterling, outdoor recreational aide for the 99th Services Squadron at Nellis Air Force Base, Nev., ensures Senior Airman Cher Budnick, 57th Equipment Maintenance Squadron aircraft ground engineer, is fitted for the correct snowboard boot. Photo by Staff Sgt. Kenny Kennemer



Fitness manager helps people reach goals

By Jennifer Valentin
Randolph Air Force
Base, Texas, Public
Affairs

As more and more people hit the gym trying to stay true to their New Year fitness resolutions, some may find themselves struggling to find a good workout routine that works for them.

That's where Claire Behrens comes in. She's the Randolph Air Force Base, Texas, Fitness Center's new fitness program manager and sports specialist. As such, Ms. Behrens instructs customers on the proper use of the center's equipment and helps them figure out what fitness plan works best for them.

Ms. Behrens said she's always been fascinated by fitness.

"I started taking an interest in aerobics and exercise at home," Ms. Behrens said. "I loved it so much that I decided to take an aerobics instructor position at a hospital."

After working in several other fitness instructor positions, Ms. Behrens came to Randolph opening in November.

Aside from helping customers, Ms. Behrens is also responsible for making sure the center's equipment remains in good condition, coordinating special fitness events on base and booking classes in the aerobics room.

"Fitness is vital because it improves our health in so many different ways, both mentally and physically, and it prevents deterioration in the quality of our lives," she said.

The fitness program manager said one of the biggest questions she gets is from customers who want to know how to choose a good weight-loss program. She recommends finding a program that is nutritionally balanced and doesn't promise a weight loss of more than 1-2 pounds weekly.

"If you want to start an exercise program, the first

step is to ask yourself how active you want to be and what kind of goals you want to set," Ms. Behrens said.

"The goals need to be realistic and something you can keep long term."

One of the biggest parts of making a workout plan a success is choosing an activity that the person enjoys.

"A great combination I would recommend is to incorporate some cardio, strength training and stretching into your program," Ms. Behrens said.

The fitness center offers a variety of activities and equipment for people to use to get fit, she said. Classes include yoga, pilates, cycling, step aerobics, kick boxing and body toning. The center also offers Tae Kwon Do classes and plans to offer self-defense classes in the near future, she said. The fitness center also features a cardio room complete with treadmills, stationary



Claire Behrens, the new Randolph Air Force Base, Texas, fitness center program manager, shows patron Theanne Long how to use an exercise machine at the fitness center. Photo by Jennifer Valentin

bikes, stair-stepping machines and elliptical trainers; as well as several weight rooms.

For those customers who prefer to participate in sports to get in shape, the fitness center also has that option.

"There are a lot of sports on base that are a fun way to get in some exercise," Ms. Behrens said. "We offer different sports throughout the year, such as racquetball, dodge ball, softball, volleyball, bowling and golf."

The fitness program manager said she is also looking forward to the opening of the new fitness center, and the additional programs that can be implemented to make it even better.

"I hope to bring enthusiasm and passion to the fitness center," Ms. Behrens said. "As I learn more about the customers' needs, I will continue to work hard to accommodate them. They're my number one priority."



Henley helps others hone horsemanship

Walter Henley basks in the afternoon sun with two of his many four-legged friends at the Malmstrom Air Force Base, Mont., stables. Mr. Henley is a seasoned horseman. Courtesy photos

By Master Sgt. Brian Perry
10th Missile Squadron
Malmstrom Air Force Base, Mont.

As I turn onto the dirt road of the saddle club, the uneven rumble of tires on gravel comes to me like the familiar sound of an old friend's voice. I round the first row of neat, red and white barns and see the old cowboy sitting on a wooden plank bench, his back resting against a rail of lodge-pole fence. His felt hat sits at a jaunty angle on his head.

The hat itself is an explanation of the man.

The shape of the hat is a cross between cowboy and the swept-up brim style worn by Army rangers in the jungles of Vietnam. Having been both a horseman and a warrior, the mix of styles is indeed appropriate.

As my truck slows to a stop, I notice the old gentleman is gazing out across the winter pasture, his eyes sweeping eastward over wheat and stubble fields toward the snow patched foothills of the Highwood Mountains 40 miles away.

I step out of my vehicle and notice his vision is focused on something much further off in the distance, as if he were looking back on the sunny slopes of long ago.

Walter Henley has seen 83 winters come and go, watching as the Montana snows deposit nourishing wetness upon the thirsty earth.

Mr. Henley was born in the early 1920s on the dusty plains of southeast Texas. He was raised in Fort Sumter, N. M., on his family's 1,280-acre farm. He was on horseback almost as soon as he could walk and fondly remembers those days.

"We used horses for everything. We rode to school on them, went to church on them and even used them to go out on dates," he said. "We had a stock farm with all sorts of critters running around; geese, turkeys, chickens, goats and 21 milk cows that we milked twice a day. It was real interesting growing up like that."

I met Mr. Henley a few years ago when my family and I first joined the Big Sky Riders Saddle Club at Malmstrom Air Force Base, Mont. We were a little nervous about attending that first meeting since we didn't know anyone. But as we entered the clubhouse, we were greeted with a loud, "howdy folks," from a little old man with white hair and a twinkle in his eyes. It was Mr. Henley. This warm greeting really

made us feel comfortable and welcome.

Over the years, Mr. Henley, or "Old Walt" as he's affectionately called, has been a wealth of information and support to many families utilizing the services at the Saddle Club. His knowledge of the horse is only matched by his love and caring for people. I honestly believe that he has probably forgotten more about horses than I can ever hope to learn.

He has become a friend and a mentor to many, if not all, of the saddle club members, who consider him "a treasure."

This kind old gentleman has seen combat on foreign soil and lived through three wars. He served in the 9th Army, 102nd Division in Germany during World War II and earned a Bronze Star for duty served on a gun turret crew. He is a bridge to both the past and the future whose example to others of what true patriotic love of country is can only be matched by his compassion for his fellow man.

Walter Henley is a horseman, warrior and friend.



Kirtland lieutenant tours with Tops In Blue 2006

Second Lt. Mary Ledet, Missile Defense Agency, tries out for Tops In Blue in San Antonio. Lieutenant Ledet made the cut after the judges at the competition were impressed with her piano skills. She will be a keyboardist during 2006's Tops in Blue tour. Photo courtesy Chris Burch

By Mara Minwegen
Kirtland Air Force Base, N.M., Public Affairs

When 2nd Lt. Mary Ledet, Missile Defense Agency, graduated in May 2004 from Notre Dame with her degree in electrical engineering and a brand new commission in the Air Force, she didn't expect to find herself performing with a world-famous entertainment group.

All it took to change that was a whim and a blank DVD.

After being stationed at Kirtland Air Force Base, N.M., since July 2004, Lieutenant Ledet was enjoying her work as a beam control/fire control engineer in the Airborne Laser Program when a conversation with a college friend and fellow choir member came to mind.

"She had been an Air Force brat living in Europe, and she knew all about Tops in Blue," said Lieutenant Ledet.

After a lifetime of singing, playing piano since she was 7, and enjoying drama and choir as hobbies, Lieutenant Ledet decided to give professional performing a try. She made a DVD and submitted to Tops

in Blue. As a result, Lieutenant Ledet was selected to attend the world-wide talent competition for Tops in Blue at Lackland AFB, Texas. Only 60 aspiring performers were chosen by the director of Tops in Blue for this competition. The performing group has only 35 members.

"It was kind of like going for American Idol," she said.

The participants were required to do six auditions: vocal, dance, instrumental, comedy, personal interview and performance. The performance audition was in the individual's strongest area. Lieuten-

ant Ledet sang "Angel" by Sarah McLachlan.

The judges of the competition were impressed with her talents. Having discovered her skills at the piano, they selected Lieutenant Ledet to be a keyboardist rather than a vocalist.

That small change in plans didn't bother her at all. She recently completed the 45-day training period that every Tops in Blue member goes through in preparation for the nine-month tour.

"I am excited. I can't wait to get started. It's going to be an awesome year," said Lieutenant Ledet.



'Capping' off a SuperBowl year

Robin Kopecki, wife of Maj. Paul Kopecki, 36th Services commander, points to her Seattle Seahawks cap to raise support for the team during the Top of the Rock Super Bowl Party. The Pittsburgh Steelers beat the Seattle Seahawks 21-10 to claim their fifth Super Bowl title. Photo By Ralph Ridgeway

FITNESS & SPORTS

Andersen youth lead FitFactor in points

Fenton and Cierra Fitzgerald earned the maximum allowable daily points for the FitFactor program by doing various activities on a daily basis. Courtesy photo



**By Senior Airman
Nestor Cruz
36th Air Expeditionary
Wing Public Affairs**

A brother and sister team from Andersen Air Force Base, Guam, hold the most participation points in FitFactor, the Air Force-wide youth fitness program.

Fenton and Cierra Fitzgerald, the son and daughter of Master Sgts. Fenton and Kimberly Fitzgerald, accomplished the feat by working through three of the five levels of FitFactor — earning the maximum allowable daily points.

There are five levels, based on the number of points accumulated:

energy level, 1,000 points; strength level, 3,000 points; agility level, 8,000 points; adventurous level, 15,000 points; and endurance level, 25,000 points.

The Fitzgeralds earned points by doing various daily activities, including walking, running, basketball and playing instruments. Fenton Jr. said he started walking more after starting FitFactor and his sister Cierra started cheerleading.

They also earned points doing household chores. On the weekends, Fenton Jr. and Cierra went golfing and bowling with their parents.

"I just made sure it all added up to 100 points every-day," said the 15-

year old Fenton Jr., who established himself as a golfer in July. He scored a hole-in-one during the second round of the base golf championship at the Palm Tree Golf Course July 17.

After reaching her first 1,000 points and completing the first level of the program, 12-year old Cierra said she "felt really excited and eager to reach new levels. I felt really good." Cierra was also the first youth center member to earn 1,000 points.

"Fenton and Cierra are very athletic and studious kids," Sergeant Fenton Fitzgerald said. "We taught them to set their own goals and to

achieve them. It's a great thing they're doing and we're very proud."

"We're just proud of them," said Sergeant Kimberly Fitzgerald. "They're having fun, doing the things they enjoy and I wish them more success."

Fenton Jr. joined FitFactor with a few friends, but after some time, his friends lost interest in the program. This inspired Fenton Jr. to work even harder in earning points and accomplishing his goals.

"Once you start, don't quit, because quitting is a bad habit," Fenton Jr. said.

"Everybody needs to get out there and get fit," Cierra said.

FitFactor a reality series at Los Angeles AFB

By Dave Porter
Los Angeles Air Force Base, Calif.,
Services

At Los Angeles Air Force Base, Calif., the waists and physiques of many base youth are becoming leaner as a result of the new on-going Air Force web-based initiative called FitFactor.

Targeted at youngsters between the ages of 9 and 18, the program encourages physical activity and healthy eating selections and then rewards the youth for their efforts. The goals of FitFactor are to inspire healthy lifestyle choices and teach youth to value their lives.

The program kicked off at the base on Oct. 1, 2005. Since that time, the base leads the command in the number of FitFactor registrations, despite being the smallest base in Space Command.

Inspiring youth to "Get Up, Get Out and Get Fit," the program stresses the importance of incorporating fun into any exercise program. Young people are encouraged to be physically active for at least 60 minutes each day through a variety of activities.

FitFactor offers five exciting levels for youth to complete as they

participate in any physical activity. The levels are Energy, Strength, Agility, Adventure and Endurance. Prizes are awarded to youth as they accomplish each new level.

In addition to offering a program that features fun, prizes and fitness, FitFactor also encourages youth to include friends and family participation in enjoyable physical activities and games, to limit the amount of screen time (television and computer) they log each day and to adopt healthy exercise routines, including a broad range of physical and leisure-time activities.

The many activities conducted at Los Angeles AFB have included a FitFactor Field Relay Day that was held on the Parade Grounds at Fort MacArthur. Off-base children along with their teachers were sponsored onto the base. Although off-base youngsters could not officially participate in FitFactor, their presence seemed to stimulate and motivate the military dependents.

Healthy snacks provided at each event also seem to be generating enthusiasm in FitFactor. And base youth with the most points accumulated during given periods are recognized on the two marquees at Fort MacArthur.

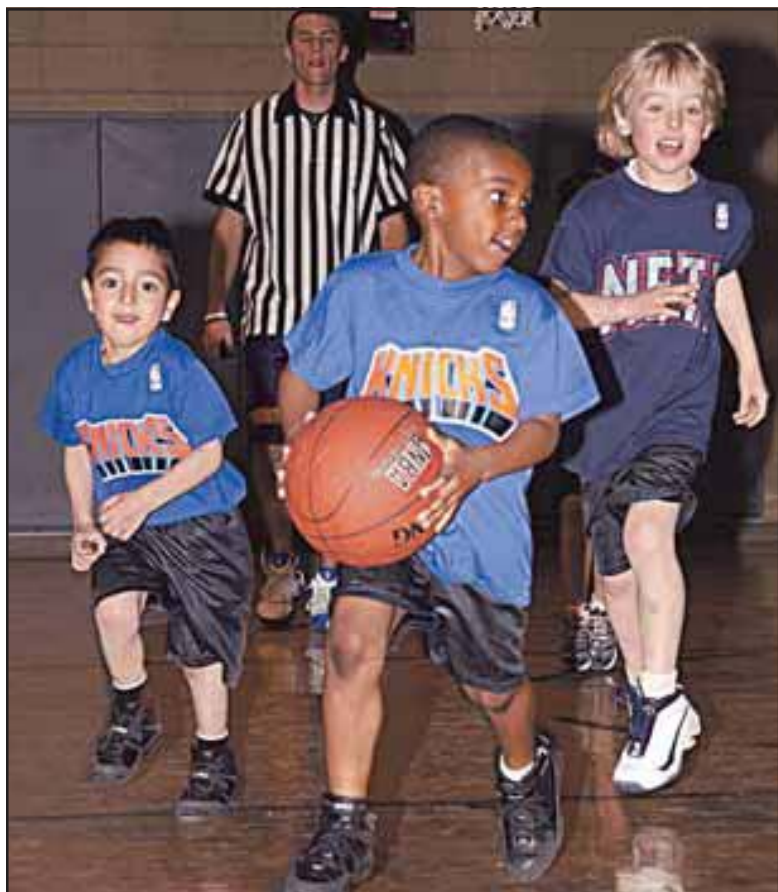
This "See Your Name In Lights" motivation seems to be working well.

When the program first started, some youngsters found it a little difficult to insert their points into computers. Youth Programs' staff members went with these children to the computers in the Community Center where they assisted them in performing this task.

Youth Programs' director Patricia Brown said that the new program has "definitely assisted us in increasing our Youth Programs' memberships." She continued, "Many of our overweight youth are now showing a difference in physique as a result of this program. FitFactor has been successful in motivating many of our youth."



Left, Victoria Colon makes her way through the hoops phase of the obstacle course. Above, Mariah Jackson shows her expertise in the soccer ball relay. Photos by Joseph Juarez



FitFactor puts youth in charge

Devon Darby dribbles down the basketball court in one of the youth center's recent basketball games. Playing sports count toward the children's FitFactor score, allowing them to receive prizes. Photo by Todd Berenger

By Mara Minwegen
Kirtland Air Force
Base, N.M., Public
Affairs

Putting youth in charge may sound a little scary, but the Air Force thinks it's a good idea and so do young people and parents at Kirtland Air Force Base, N.M.

Annette Anaya, mother of fourth grader Enrique Anaya, is enthusiastic about her son's participation in FitFactor. "I'm so happy that the Air

Force is doing such a program. One of my son's favorite activities is the exercise bike," Ms. Anaya said.

The number of young people actively participating continues to grow, said Robert Bailey, youth center sports director.

The FitFactor program is designed for young people ages 5-18 years and focuses on forming healthy, lifelong preferences in the areas of physical fitness and eating

habits. Increased physical activity is a goal along with increased awareness of proper nutrition. Any family eligible to join the youth center may participate in FitFactor, Mr. Bailey said.

One of the attractions of the program is that each young person is in charge of his or her own progress. Everyday activities such as helping with yard work, riding a bike to a friend's house or playing a

pickup game of basketball in the driveway are assigned points.

Students also receive points for school activities such as gym class, organized sports or lessons, and making healthy nutrition choices.

The participant records his or her points online and checks in with the youth center to receive the incentives offered for each level of accomplishment. The levels of accomplishment are energy, strength, agility, adventure and endurance.

The incentives include bracelets, pins, shirts, hats, pedometers and jump ropes.

Participants are supported by classes and activi-

ties at the youth center, where the staff was trained in September in preparation for the Oct. 1 kick off. 4-H and the Boys and Girls Clubs also offer complementary programs and events, according to the training materials.

Families can do activities together, such as taking walks and planning meals.

"We walk the dog," Ms. Anaya said.

Mr. Bailey believes that this is the kind of program that can really make a difference for young people.

"This is the Air Force's latest program, and it's going to be around a long time. It gives the kids a chance to have a goal," Mr. Bailey said.

Accelerate workouts with heart monitors at RAF Lakenheath

By Airman 1st Class Eric Donner
RAF Lakenheath Public Affairs

If training for a marathon or just trying to meet a New Years resolution of getting into and staying in shape, the RAF Lakenheath fitness center offers state-of-the-art facilities and a well trained fitness staff to meet those goals.

Along with traditional workout equipment, the fitness center also offers smaller pieces of equipment that help Liberty Warriors maintain a good work out; a Polar heart monitor.

"The heart monitor is almost as important to your workout as a good pair of shoes," said Luca Miceli, 48th Services Squadron fitness expert.

The device straps around a user's chest and transmits informa-

tion to a wristwatch-like display. It monitors users during exercise to ensure they are exercising at their target heart rate.

The target heart rate is 65 to 85 percent of their maximum heart rate, the upper limit of what their cardiovascular system can handle during physical activity. Exercising in a target heart rate zone helps boost fitness levels.

"Monitoring your workout helps you see if you are getting anything out of your workout, and to see if you are improving. Workout at 65 to 85 percent of your target heart rate for a minimum of 20 minutes for best results," said Mr. Miceli.

Though its name suggests its function, this tool does more than just take a pulse and calculate an average heart rate. It also figures average time in target heart rate,

workout time and body mass index. This information is stored in the monitor worn on the wrist and can be retrieved post workout.

The heart monitor is simple to use, said Mr. Miceli. After a couple of times using the monitor the user should know all the ins-and-outs. If there are any questions on usages the fitness staff is there to answer questions, added Mr. Miceli.

"Once you get the hang of the heart monitor, and learn all the functions, it adds a whole new dimension to your workout," said Michael Chin a regular at the fitness center.

To help take a workout to the next level or to help reach a New Years goal, the heart monitor is readily available at the front desk of the fitness center.



Concentration

Alonza Loury, 407th Expeditionary Services Squadron, competes in the recent 3-Point Shootout at Ali Base, Iraq. Photo by Staff Sgt. Valerie Smith

Excellence in Youth Sports Award

Kirtland youth program recognized

By Mara Minwegen
Kirtland Air Force
Base, N.M., Public
Affairs

The Kirtland Air Force Base, N.M., youth sports program has been chosen as one of 16 organizations worldwide to achieve honorable mention status for the 2005 Excellence in Youth Sports Award, with the National Alliance for Youth Sports, said Gary Vicsik, youth center director.

The award was developed by the National Alliance for Youth Sports and Athletic Business to honor programs that do a superior job of conducting diverse activities with a focus on providing safe and positive experiences for all youth, said Mr. Vicsik.

"It's an award the youth sports program has received due to the outstanding performance of Robert Bailey," said Mr. Vicsik.

Youth center sports director Robert Bailey preferred to shine the spotlight on the young people, parents and staff who take part in the program.

"It's an honor, it's really about the participants who are engaged in the program," he said.

The youth sports program offers basketball, baseball, flag football and soccer. Also available are camps for golf, tennis, archery,

GPS navigation and water sports. All programs and camps are offered for young people ages 5-18, for a modest administrative fee, which varies according to the activity. The two basketball teams, for ages 9-16, travel to Albuquerque to compete against Boys and Girls Club teams.

The youth sports program is part of the many offerings of the youth center, which is affiliated

with the Boys and Girls Club of America, said Mr. Bailey.

In addition to sports and fitness activities, there are courses in everything from dance to computers, tutoring, special presentations, field trips, supervised open recreation times, a computer room, sound systems, a variety of games, a teen room, science, and art and drama rooms, said Mr. Bailey.

7-10 split

Vanessa Reser bowls during a youth bowling game at the Elmendorf Air Force Base, Alaska, Polar Bowl recently. The Polar Bowl offers several bowling leagues during the week and weekly specials. Photo by Staff Sgt. Alan Port



First 300 in 15 years bowled at Moody; center changes cited

By Owen Roach
347th Services
Marketing Director

Through hard work, innovation and great management, the first 300 in 15 years was recently bowled by Master Sgt. Duane Fuller, 347th Maintenance Squadron, in the Moody Air Force Base, Ga., Bowling Center.

Though the perfect game was rolled by Sergeant Fuller, it was partially due to the hard work and determination of manager Eric Boucher and his staff.

"The Center was in need of repairs when I got here so I began the process," said Mr. Boucher, manager. "I reviewed the mission and overall operations and determined that I could downsize the Center and still stay in business."

Approval to reduce 14 lanes to 10 was sought and received. The area



Master Sgt. Duane Fuller, 347th MXS: Team Moody's newest 300 bowler. Photos by Eric Boucher

left is to be converted into a state-of-the-art recreation room.

"That's a work in progress," noted Mr. Boucher, adding "I now had to figure out a way to give (the Center) a 'striking appearance.'"

Some of these changes were made through self-help renovations. The pro shop was reorganized and slat walls erected to display merchandize in a more advantageous manner. A decorative enclosure was designed and constructed for the café. New masking covers were in-

stalled to add color. The smallest, but most significant change, was displaying bowler's high series and games.

"People like to see their names posted and to be recognized," said Mr. Boucher. "Also, a fresh, vibrant appearance helps foster a sense of excitement which encourages customers to stay longer and come back often."

More 300s should be in the offing.

New pin spotters have been installed, virtually eliminating breakdowns. The lanes have all been fully conditioned and facilitate great bowling.

In the past, spotter problems, aged equipment and bad lane conditioning kept customers away. Now, according to Mr. Boucher, they're "lining up for their own 300 game."

"Twenty years ago, to run a successful bowling center, you had to

count on approximately 60 per cent of your business coming from bowling," Mr. Boucher said.

"Today, that is down to about 35 percent, with the rest coming from cafes and other revenue generators.

"We're on track and we'll change our customers' experience by providing more entertainment and activities. The next 300 may be achieved even as we speak."



New pin spotters have been installed in the Moody Bowling Center, replacing aged equipment plagued by breakdowns. Customer comments reflect satisfaction with the new equipment, lane conditioning and Center ambiance.

Temporary Fitness Center offers massage therapy

Sherie Crosby, Fitness Center licensed massage therapist, works on a client. Massage therapy is offered daily at the Elmendorf Air Force Base, Alaska, Fitness Center. Photo by Senior Airman Garrett Hothan

**By Senior Airman
Jared Marquis
Elmendorf Air Force
Base, Alaska, Public
Affairs**

Massage therapy may be just what it takes to relieve tension or soothe those aches.

Located in the temporary Elmendorf Air Force Base, Alaska, Fitness Center, across from the People Center, massage therapy is one of the programs that is still available.

"Massage therapy has always been one of the most natural and instinctive means of relieving pain and discomfort," said Sherie Crosby, a licensed massage therapist at the Fitness Center. "Massage enables individuals to maintain good physical condition and health by normalizing and

improving muscle tone, promoting relaxation, stimulating circulation. It also produces therapeutic effects on the respiratory and nervous systems and the subtle interactions among all body systems."

Mrs. Crosby, who spent about 500 hours learning massage therapy, has been a LMT for about two and a half years and began working at Elmendorf in July 2003.

According to Mrs. Crosby, a first time client will start by filling out a Client Intake Form. This form includes questions that address health concerns, medications and life issues. Once the questionnaire has been filled out, a client interview will take place to determine a treatment plan, and to discuss whether

an approach will be beneficial or whether it will be harmful (contraindications).

"Basically, there are two types of contraindications, general: do not massage, and regional avoidance: do not massage particular area. In some instances, massage should be used with caution, usually requiring supervision from appropriate medical or supervising personnel," she said.

Once the treatment plan is determined, then the client is instructed on disrobing; only removing the amount of clothing that is necessary, or comfortable for the treatment, she said.

After the procedure is fully explained, the therapist will leave the room to prepare for the massage while



the client gets ready. Once everything is ready, the LMT will position the client for the massage.

"The positioning of the client on the table depends on what will work best for all concerned," said

Mrs. Crosby. "There are four basic massage positions: face up, face down, side-lying and seated."

"The client will be positioned on a clean massage table

draping. The draping on the massage table is used to maintain the client's privacy and sense of security, and also to provide warmth," she said.

During a massage, the client can often expect soft background music and dim lights to help them relax. A lubricant is also used to ease friction on skin. The lubricant is usually a

Continued on next page



Elmendorf massage therapy relieves stress

continued from page 46

non-scented hypoallergenic formula specifically for massage therapy treatments.

"During treatment, the client is advised to give feedback," said Mrs. Crosby. "The client must communicate with the therapist about any discomforts. Different pressures may be used for each treatment. For instance, a relaxation massage is exactly that - a massage that relaxes the client. On the other hand, a deep tissue massage may consist of releasing muscle adhesions, which may cause an uncomfortable feeling of release followed by a

freedom of movement to the afflicted area."

Once the treatment is complete, the client may rest a few minutes. Then the LMT will leave the room so the client can get dressed.

"Many times there are questions or comments that concern treatment. Future appointments are made when an ongoing treatment plan is made," said Mrs. Crosby.

The Fitness Center has three LMTs who offer a variety of different therapies. Besides Mrs. Crosby, Michelle McElroy and Jeanette Stack offer the therapy.

Mrs. Crosby said, "I made a con-

science effort to pursue my career serving military members. I'm sure my therapist colleagues would agree, we are honored when we have the opportunity to work on members of the military and their families. These are stressful times, and keeping physically ready for duty, leaving the home and loved ones, or dealing with home while someone is deployed are stressful situations on many levels.

"Whether seeking a way to alleviate pain or reduce stress, I encourage anyone to use massage therapy in the process of staying healthy."

'Biggest Loser': Lose weight and have fun doing it

The Bolling Air Force Base, D.C., fitness center is bringing the excitement of a TV reality show to Bolling through its new fitness challenge, "The Biggest Loser."

"The attention it is getting from the base community is phenomenal," said Sylvia Goff, 11th Services Division fitness director. "Thirty-one teams are competing for the right to be called 'the bigger loser.'"

The biggest loser challenge is an eight-week program, where teams work to lose the most weight and earn points by participating in fitness, nutrition and heart-healthy activities.

"Our focus is on improving and maintaining the readiness of our personnel," Ms. Goff said.

Teams consist of eight to 12 members from the same squadron. Team captains are responsible for weigh-in of members and tracking all points earned from activities and events.

The top team will receive a trophy and each team member will receive a gym bag loaded with goodies, Ms. Burns added.



Wing members work out in the fitness center in the hopes of becoming the "biggest losers," a competition to see which group can lose the most weight for a more fit lifestyle. Photo by Joy Bote

82nd MSS/ SVS spans 80th FTW, 40-27

**82nd MSS/SVS members
Steven McKay, Douglas Kesler
and Bruce Gooch team up in
second half to guarantee win**



Bruce Gooch, from the 82nd Services Division/Mission Support Squadron team, tries to block 80th Flying Training Wing's Randolph Johnson's pass. The 82nd SVS/MSS took out the 80th FTW, 40-27. Photo by Senior Airman Jacque Lickteig

**By Senior Airman
Jacque Lickteig
Sheppard Air Force
Base, Texas, Public
Affairs**

The 82nd Services Division/Mission Support Squadron broke their five-game losing streak and ate the 80th Flying Training Wing's lunch in over-30 intramural action on a recent Wednesday night, handing them a 40-27

The 80th FTW controlled the opening tipoff, and George Cooper sank the first shot 26 seconds into the game.

But after trading possessions, 82nd MSS/SVS's Jimmy Freeman canned a

3-pointer and James Pitney sunk two more points to turn the game around and give their team a 5-2 advantage.

The 80th responded quickly with two field goals to regain the lead by one, but the 82nd MSS/SVS wouldn't let them keep it.

They scored two of their own and put themselves up one again.

After trading baskets, a jumpshot by the 80th's player of the week, Joseph Rogers, tied up the score.

The 82nd MSS/SVS couldn't connect down the court and Rogers took the opportunity to put his team up by two, 13-11.

Steven McKay evened it up with a layup and Barry Alcorn swished a 3-pointer to give the 82nd MSS/SVS a 16-13 lead. Cooper replied with a four-point run to give the lead back to the 80th.

Freeman missed his chance to take the lead at the free throw line, but Alcorn made up for the missed opportunity with a layup putting the score at 18-17.

80th FTW's Randolph Johnson sunk one from the outside to help his team take a 20-17 lead to the locker room.

Coming into the second half, neither team could connect

until Rogers canned a free throw. McKay evened it up later with a 3-pointer.

Following his basket, the 82nd MSS/SVS went on an eight-point run. 80th FTW's Adam Perry ended it with a layup. The 80th gained control of the ball again, and Antwaun Nixon bumped the score up one with a free throw, leaving the flying wing trailing 29-25.

The teams traded baskets and possessions, and the 82nd opened up their offense for another seven-point run to close the game out at 40-27.

Gooch led the 82nd SVS/MSS with nine

points, which still didn't outscored the 80th's point-leader Cooper, who had 10. "We got cold," 80th coach Don Murray said.

He said in the coming practices, they are going to work on taking open shots.

"We've gotta take those," he said. This loss puts the 80th at 3-3 in the season.

"We've got a little rust from the break, but we'll get our game back," the coach said hopefully.

The win puts the 82nd SVS/MSS at 1-5 in the season.

99th SVS serves up a winner in initial volleyball action

**By Senior Airman Travis Edwards
Nellis Air Force Base, Nev., Public Affairs**

The 99th Services Squadron beat the 763rd MXS in the first volleyball game of the season recently with some key serves and spikes.

The first game stayed neck and neck until SVS pulled ahead 8-4 after a few phenomenal sets and serves.

A few minutes passed by and MXS still wasn't able to start a comeback, and SVS continued to lead the game 12-6. But then the MXS started to get some momentum with the help of Sabrina

Adkins' serves, who pounded a total of seven balls in a row over the net to slowly creep up on SVS, 13-15.

But all their momentum would soon pass as MXS' Richard Jones hit the net as he went up for a hit and gave SVS a point and ball control, still leaving MXS behind 13-16.

After yet another barrage of points, the momentum of the SVS seemed like it would not stop, lead by Charles Miller who spiked the ball in the face of the MXS team.

SVS was able to keep the lead in the first game and won 25-13, giving them a one-game advantage in the match of three.

In the second game, MXS drew first blood with a nice bump to the SVS side, which SVS missed it, giving MXS the early lead of 1-0.

But MXS' lead was short lived, and SVS came back out on top by three points, 5-2.

SVS once again pulled ahead of MXS, leaving almost no room for

error, leaving them in the dust with an eight-point deficit with the score 22-9.

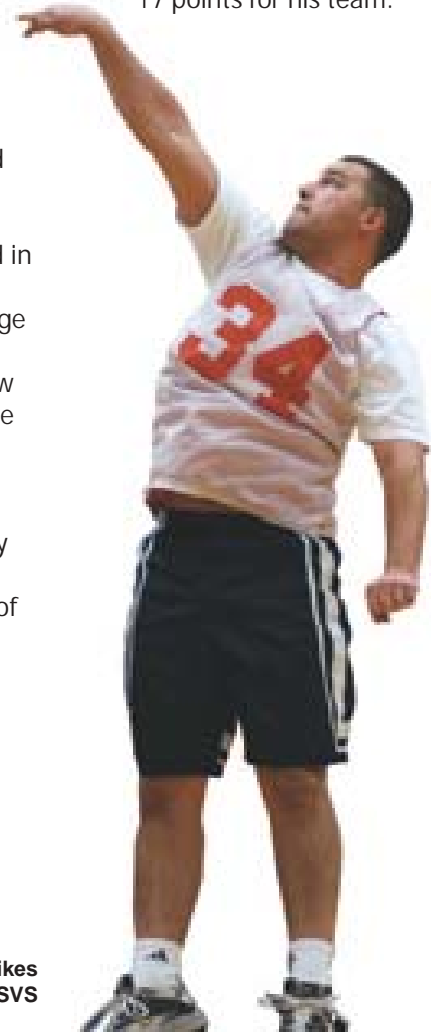
After a futile effort by MXS, they lost the game and the match 25-12, making 99th SVS the season's first winners in intramural volleyball competition.

Benji Jackson for the SVS team was the MVP of the game, creating 17 points for his team.



Senior Airman Steve Adkins of the 763rd MXS sets up for a volley against the 99th SVS team. Photos by Airman Brian Ybarbo

Staff Sgt. Jeff Miller, 763rd MXS, spikes the ball for a point against the 99th SVS team.



A workout for your heart

Cardio room offers exercise geared toward healthy lifestyle

By Jennifer Valentin
Randolph Air Force Base, Texas, Public Affairs

When it comes to fitness, finding the time to work out can be difficult. That's where the Randolph Air Force Base, Texas, Fitness Center comes into play.

One of the most popular features of the center is its cardio room.

The room, located on the second floor of the main fitness center, houses a variety of equipment people can use seven days a week including treadmills, stair-stepping machines, cross trainers and stationary bikes.

"It's convenient for customers because they can work out on their own time at their own pace," said Claire Behrens, fitness program manager. "It's also a great way for customers to improve their cardiovascular endurance."

For those patrons who need to be entertained while working out, the cardio room also houses six big screen televisions as well as many personal flat panel televisions on the elliptical trainers and stair stepping machines. Patrons can select from basic television channels as well as several radio stations.

"We've had some really positive feedback from customers about the

personal televisions," Ms. Behrens said.

The fitness program manager also pointed out the stretching area in the left corner of the room, complete with a sit up bar so customers can practice for their annual physical training test.

"It's a nice addition to the room," she said.

According to the American Heart Association, cardiovascular disease is the number one cause of death in America. However, increasing daily physical activity can reduce people's risk of the deadly disease.

Even low-to-moderate intensity activities, such as walking or climbing stairs, when done for as little as 30 minutes a day, can have benefits, according to the AHA. Activities more vigorous, such as cycling, brisk walking or running, are best for improving the fitness of the heart and lungs.

Daily physical activity can also improve blood circulation throughout the body, helping to reduce the risk of heart disease, said AHA officials.

The cardio room is open Monday through Friday from 5 a.m. to 11 p.m., and Saturday and Sunday from 8 a.m. to 7 p.m.



Robert Hontz takes advantage of the Randolph Air Force Base, Texas, Fitness Center's cardio room. Photo by Don Lindsey

Brooks youth begin play in 'drug-free' hoop league

By Rudy Purificato
311th Human Systems
Wing

Twelve Brooks City-Base, Texas, youth basketball teams began play recently in the Pizza Hut-San Antonio Spurs drug-free basketball league, sponsored by the Kids Sports Network.

The goal is for the league to repeat the success it had during last year's season. For in this league, winning is not as important as learning to play the game and developing lasting friendships.

"We teach team work and don't emphasize winning. They are all winners. There are no losers," said Brooks Youth Sports director Ron Hayes.

While he and an army of volunteer coaches and parents are pleased with the progress made by Brooks youth teams last season, the purpose of this league is to promote sportsmanship, education and good behavior.

"At the beginning of every game, players, coaches and parents recite a pledge to be drug, alcohol and tobacco free," said Mr. Hayes.

He explained that league rules are supported by a curriculum that requires coaches to present weekly drug education classes to players while emphasizing the need to stay in school.

"We took a survey and found out the number one reason why kids participate in the league is to be with their friends. The second reason was to develop their athletic skills," Mr. Hayes said.

Peer pressure to do the right thing in terms of behavior is at the core of this league that Brooks youth have participated in for years.

Teams range in age from 5-17 and are often co-ed. They play full-court basketball, but for the younger ones the baskets are lowered to eight feet and there are six-minute periods.

The action is non-stop as players' exuberance and desire to play well and not disappoint their teammates overrides any shyness or limited athletic ability.

The defending 2005 champion Brooks 15-17 year old boys team won its opening season game on the road against Randolph AFB, Texas, with a last second shot, while the last game of a four game home opener produced a dominant performance by the Brooks Eagles 7-8 year old co-ed team that handily won its first season game.

"We finished with a 12-3 record last year," said fourth-year coach Danny Campos about the Brooks Eagles team that beat the Fort Sam Houston Generals.

Despite the league's de-emphasis on winning,

Brooks youth teams nevertheless made history in 2005.

Three Brooks youth basketball teams accomplished a historic first by simultaneously winning postseason championships.

The Brooks Eagles boys team #3 won the Fort Sam Houston Boys Basketball Tournament, the Brooks 13-14 girls squad captured the Randolph AFB

Girls Basketball Tournament and the Brooks 15-17 year-old boys team won the Brooks Youth Sports Boys Basketball Tournament.



The Brooks Eagles (in white) 7-8 year old team dominated the Fort Sam Houston Generals in the team's season opener at the Brooks City-Base Fitness Center recently. Photo by Rudy Purificato

Brooks Golf Course one of city-base's 'hidden treasures'

By Elizabeth Castillo
Brooks City-Base, Texas, Public Affairs

Upon entering Brooks City-Base from the west gate, guests are greeted with an ID check, guard's quarters and orange buildings.

Just past this entrance, guests can find one of Brooks' "hidden treasures" and to many, an oasis. In a small, white building surrounded by golf carts and green grass is the Brooks City-Base Golf Course Clubhouse.

Inside, the aroma from the snack bar fills the air as baskets of golf balls next to the sign-in counter eagerly wait their turn.

Golf Course manager Jose Valadez is eager to receive more customers for those interested in playing on the nine-hole course.

"We need to have these people come out and use this facility so

that we can survive," Mr. Valdez said.

The course offers a challenge to players of all levels, as it contains multiple bunkers per hole and water hazards, which are referred to as the "wetlands." The landscape is well kept, thanks to the dedication of the golf course employees.

"My employees should be given all of the credit for the condition of the golf course," Mr. Valadez said. "They do very good work out there to keep the course playable."

The nine holes can be easily navigated through with the help of rentable golf carts and pull carts. The pro shop offers a wide variety of golf supplies, apparel and accessories to help with anyone's game.

Those interested in improving swing and stance can utilize the

driving range, which ranges over 300 yards in length with yardage markers and target flags to mark driving distance and improve accuracy.

After a long day of golf, players are able to relax in the air conditioned clubhouse and grab a bite to eat at the snack bar that serves fast food items and a variety of sandwiches. The clubhouse also provides a big screen television for guests.

The golf course, driving range and pro shop are open Sunday through Saturday from 7:30 a.m. to dusk. The snack bar is open from 10 a.m. until 4 p.m. The golf facilities are open to all Brooks personnel, including contractors, civilian employees, military personnel and the extended community outside of the base.

Gerry Meyer lines up her putt as her husband Bud (far right) and friends Janice and Karlheinz Schott, look on.

The retired couples, who were visiting San Antonio from Missouri, take advantage of the nice weather to play a round of golf at the Brooks Golf Course, one of the bases 'hidden treasures.' Photo by Elizabeth Castillo



Fitness Center keeps base running ... literally

Randy Rowe, chief of logistics operations SMC launch sustainment division, tackles an overhang in the two-story climbing wall at the Fitness Center. Mr. Rowe is on the most difficult part of the route, called the "crux." Courtesy photo



By 2nd Lt. Benjamin Meier
Peterson Air Force Base, Colo., Public Affairs

The Peterson Air Force Base, Colo., Fitness Center has been praised by many patrons for its excellent facilities, friendly staff and well-kept equipment.

The center also provides many programs for a wide range of people, including active-duty, retirees, family members and contractors.

"We host intramural sports, have personal trainers, fun runs, tournaments (including racquetball, volleyball, ping pong) and a fully-stocked nutrition bar," said Master Sgt. Manny Perez, NCO in charge of the Fitness Center. "We also serve Cheyenne Mountain's members."

The center staff also works hard to remain a part of the Pete community besides supporting the fitness of the base.

"We've done toy drives, Thanksgiving food drives and Salvation

Army collections," Sergeant Perez said. "We even helped raise \$1,700 to support Monroe Elementary School here in Colorado Springs."

The Fitness Center has been rewarded for its outstanding customer service and long hours of operation.

They received the Prestige Award for 2005.



750 cheer for cheerleaders

From left, Kaitlyn Fleming, daughter of Tech. Sgt. Wesley Fleming of the 18th Communications Squadron at Kadena Air Base, Japan; Jessica Beward, daughter of Tech. Sgt. Barry Beward of Det. 3, Pacific Air Force Air Postal Squadron; and Mackenzie Morse, daughter of Jerrod Morse of the 33rd Rescue Squadron, perform their drill at Marek park recently. The Cheerfest and Fit 2006, sponsored by the 18th Services Squadron, showcased cheerleading squads and promoted physical fitness. Photo by Airman 1st Class Gary Edwards

Maintainers prevail over Services 53-44



Jason Kiser of the 7th Aircraft Maintenance Squadron/Maintenance Operations Squadron team is double teamed by the 7th Services Squadron's L.J. Kincade (21) and Dexter Laffin (1) as he tries to pass the ball. The 7th AMXS/MOS posted a win against 7th SVS recently. Photo by Airman 1st Class Chris Walkenhorst

By 1st Lt. Aaron Hochman-Zimmerman
7th Bomb Wing Protocol

The 7th Aircraft Maintenance Squadron/Maintenance Operations Squadron team outran and out-shot 7th Services Squadron on its way to a 53-44 win recently in the Dyess Air Force Base, Texas, 30-and-over basketball league.

Services attempted to play a game underneath the basket, but loose and mishandled passes forced most of their points to come from the outside.

With almost five minutes expired in the first half, SVS held an 11-3 lead, but not because of their play from the post. Contrary to SVS's pre-game plan, SVS depended on three-point shooting for their early lead.

With 11:30 to go in the first half, and the score tied at 15, AMXS/MOS' Jason Kiser ran the length of the court and, after a quick dish, Greg Parks put two on the board as

well as the lead. SVS fought, but never saw another lead in the game.

"Get back on 'D'," Coach Lamar Sales told SVS. "They've scored about 10 points on transition," he said, referring to AMXS/MOS' speed in the open court.

Services even tried to hold up AMXS/MOS with an occasional full-court press, but they still trailed 33-25 at halftime.

"We're running the game plan, we're making our shots, we're right where we want to be," Sales said despite his team trailing by eight points. "We'll press their ball handlers a little more."

"They jumped on us," Chapman said referring to SVS' early lead. "But, we're going to get them."

The second half of the game was hurried, and players from both sides, on more than one occasion, dove after a loose ball or stretched out to intercept a pass. SVS' LJ Kincade dove into a court-side chair, and he found himself sitting in it

during the opening minutes of the second half.

As AMXS/MOS had planned, the pace of the game increased and so did its lead. The score, which had been more even handed earlier, began to favor AMXS/MOS.

Services' big men controlled the boards on defense and even secured a few offensive rebounds, but had trouble putting the ball in the basket.

Services made more attempts from beyond the arc later in the game. Even their forwards, from the corners, attempted 3-pointers, but their accuracy problems continued along with the game's fast pace. The game ended with SVS nine points behind, but with an optimistic impression of the game.

"We're going to work on consistency. We had 15 minutes of good ball," Sales said after the game. "We've improved a lot. This is definitely a step up from where we were."

Former AF Athlete of the Year training for another shot at the gold

Lieutenant keeps Olympic dream alive, well

By Tech. Sgt. Mike Hammond
380th Air Expeditionary Wing Public Affairs

In his "day job," among many other things, 1st Lt. James Parker brings the entertainment "home" for those deployed with him. At the end of many a duty day, the lieutenant can be found out in the

middle of a sandy expanse, practicing to bring something home for his country: an Olympic Gold Medal.

As deputy commander of the 380th Expeditionary Services Squadron, Lieutenant Parker plans and coordinates AFE tours, while also overseeing food, lodging, library, recreation

and fitness operations. While the job keeps him busy, he spends much of his off-duty time practicing to return to the world stage and compete there one last time.

Lieutenant Parker was named 2004 Air Force Male Athlete of the Year after being selected to represent the U.S. in the 2004 Olympic

Games in his sport of the hammer throw. While he did not receive a medal for his efforts last time, he focuses daily on giving it his best shot in the 2008 Games – and trains constantly for his chance to recapture the moving experience he had last year.

"When I walked out into the Olympic stadium and had all the Americans waving flags and cheering for me before I even competed ... I felt more overwhelmed at that moment than at any other time in my athletic career," Lieutenant Parker said. "The noise level was so loud the sound waves actually felt like they moved me!"

In his deployed environment, the lieutenant finds himself unwinding during his down time by practicing for that return to the big stage.

For many people, Lieutenant Parker's idea of "unwinding"

would be considered more work than fun!

He swings a 16-to-20 pound steel ball at the end of a wire so fast it disappears in a blur before releasing it into the air at precisely the right moment and angle to maximize the flight distance. After the throw lands, he then walks out to retrieve it and start the process over again ... and again ... and again.

The 30-year old lieutenant realizes that since his sport is only featured every four years; the 2008 games will likely be his final chance to compete at that level – a fact that motivates him to try his best!

"I can say that my drive is to finish strong this time. I have yet to enjoy great success at the world level, so I'm shooting for that mark. I plan to make the U.S. and the Air Force proud when I serve as an athlete in the 2008 Olympic Games!"



First Lt. James Parker practices the hammer throw on a recent evening. The lieutenant competed in the 2004 Olympic Games and was named Air Force Male Athlete of the Year for 2004. Photo by Tech. Sgt. Mike Hammond

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Heads or tails?

Three-year-old Kylie Kerr, daughter of Carinda and Tech. Sgt. Tim Kerr, AFTAC, gets a helping hand during a back-flip from "parent and me" aerobics instructor Dee Reeves at the Patrick Air Force Base, Fla., Youth Center recently. The Youth Center offers aerobics classes for youths ages 18 months to 18 years. Photo by Staff Sgt. Patrick Brown

Family Fun

Master Sgt. Tom Burman, 319th Aircraft Maintenance Squadron, swims with his daughters Kamdyn, 8 months, and Bailey, 5 years. More than 25 families participated in the Totally Transformed family program recently at the Grand Forks Air Force Base, N.D., Fitness Center. Photo by Senior Airman James Croxon



Distinguished visitor tours Hill

Carol Van Kirk, American Legion Auxiliary National President, talks with Ed Brisley, Family Support Center director, at the Airman's attic during her visit to Hill Air Force Base, Utah, recently. She also toured the Youth Center, Child Development Center, and ate lunch with a group of enlisted Airmen at the Hillcrest Dining Facility. The ALA is the largest patriotic women's service organization in the world with approximately 1 million members. The ALA is a veterans' service organization that sponsors volunteer programs focusing on three major areas: support for veterans, young people and the community. Photo by Jennifer Moore